

Pan-Roasted Chilean Sea Bass with Chimichurri Sauce

Makes 4 servings.

INGREDIENTS:

- 4 Chilean sea bass filets, MSC certified
- 2 tablespoons olive oil
- 1 lemon, juiced
- Salt and pepper to taste

For chimichurri sauce:

- 1 bunch fresh parsley, washed and picked
- 4 garlic cloves
- 1/2 onion, chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh basil
- 1 teaspoon red pepper flakes
- 3 teaspoons paprika
- 2 teaspoons lemon zest
- Sriracha (if desired)
- 3/4 to 1 cup olive oil

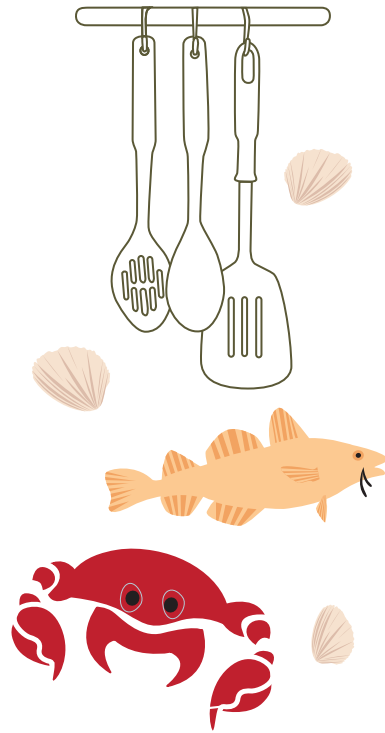
DIRECTIONS:

1. Preheat oven to 450 degrees. Chop and mix sauce ingredients in food processor or blender. Slowly add thin stream of olive oil until mixture is desired consistency.
2. Heat 2 tablespoons of olive oil in a pan over medium-high heat. Season fish filets with salt and pepper to taste; add to pan and sear each side for 1 to 2 minutes. Remove from pan and place fish in a lightly greased baking dish, dress with lemon juice.
3. Bake until fish flakes with a fork, about 10 minutes for each inch of thickness.
4. Remove from oven and drizzle chimichurri sauce over fish, serve immediately.



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