Chilean Sea Bass, Chive Bundled Asparagus & Herb-Roasted Fingerling Potatoes

Yield: 4 Portions

Chilean Sea Bass
4: 4 Oz Chilean Sea Bass
8: 1/8” Thick Slices of Zucchini
8: 1/8” Thick Slices of Yellow Squash
3 Tbsp Olive Oil
Salt and Pepper to Taste

Garnish & Sauce
2 Cups Cherry Tomatoes
½ Cup Capers
20 Fresh Oregano Leaves
¾ Cup Extra Virgin Olive Oil
1.5 Tbsp Sherry Vinegar

Chive Bundled Asparagus
20 stalks Asparagus
1 extra large Carrot
12 stalks Chives
3 Tbsp. Olive Oil
To Taste: Salt & Pepper

Herb-Roasted Fingerling Potatoes
4 Cups Fingerling Potatoes
1.5 Tbsp Minced Rosemary
1.5 Tbsp Minced Thyme
1.5 Tbsp Minced Oregano
1.5 Tbsp Minced Sage
¾ Cup of Olive Oil
Salt and Pepper to Taste
Preparation
Chilean Sea Bass

1) Preheat oven to 325˚F, and place parchment paper on a sheet pan.
2) Place a large skillet over medium-high heat, with the olive oil.
3) While pan is heating, prepare the zucchini & squash. Cut lengthwise from stem to tip using a mandolin, wide cheese grater or by hand. Prepare slices, each at a thickness of 1/8 of an inch. Lay slices on sheet pan and cook for 5 mins.
4) Once oil is heated, coat pan and sear sea bass for about 30 seconds, or golden brown, on each side.
5) Remove skillet and sea bass from heat and allow to cool until the 5 mins have completed.
6) Remove sheet pan from oven and wrap slices around fish, two slices of roasted zucchini north to south, followed by two slices of roasted yellow squash east to west, salt and pepper to taste.
7) Return to oven and continue to cook until internal temp of 145˚F is reached.

Garnish & Sauce

1) Place a small skillet over medium-high heat, with the Extra Virgin Olive Oil.
2) While pan is heating, prepare the tomatoes. Cut lengthwise from stem to tip.
3) Add tomatoes, capers, oregano to pan, stir gently then add sherry vinegar to pan.
4) Sauté until fragrant and tomatoes are softened, about 2-3 mins.

Chive Bundled Asparagus

1) Preheat oven to 350˚F, and place parchment paper on a sheet pan.
2) Bring 2 ½ quarts of water to boil in large saucepan over high heat.
3) While heating, prepare the chives by removing the rough, white colored ends if present.
4) Prepare asparagus by removing woody ends, grab stalk of asparagus at either end and bend until it snaps. It will naturally snap where it starts to get tough.
5) Prepare and peel the carrot, then using a mandolin, wide opening cheese grater or vegetable spiralizer, carefully slice ribbons lengthwise.
6) Add vegetables, return to boil, and cook until pieces are bright in color and slightly tenderized (1-3 mins).
7) Meanwhile, fill large bowl with ice water. After 1-3 mins, drain vegetables in a colander and transfer pieces immediately to ice water. When pieces no longer feel warm to touch, drain in the colander again and dry.
8) Wrap five stalks of asparagus with four stalks of chives and four carrot ribbons into bundles and place on sheet pan.
9) Drizzle each bundle with olive oil, salt and pepper to taste.
10) Return to oven and cook until tender.

Herb-Roasted Fingerling Potatoes

1) Preheat oven to 375˚F, and place parchment paper on a sheet pan.
2) Bring 2 ½ quarts of water to boil in large saucepan over high heat.
3) Place potatoes into boiling water, cook until able to pierce potatoes about 1/4 way into potato with a fork (3/4 way cooked, not fully tender). Drain in a colander.
4) Mince all herbs (leaves only) into 1 tsp quantities, and place into a medium mixing bowl.
5) Cut potatoes into quarters, then add to mixing bowl.
6) Add oil to mixing bowl, then toss all ingredients until thoroughly coated.
7) Lay mix out evenly on sheet pan, salt and pepper to taste and roast for 10 mins, until lightly-browned.