

**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
¼ 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 pot 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.