

Chilean Seabass with Lemon Butter Sauce





Quality at your service

Instructions

1. Pat the seabass dry and season both sides with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat.
3. Add the seabass, skin-side down, and sear for 4–5 minutes until golden.
4. Flip and cook for another 3–4 minutes until cooked through.
5. Remove from pan and set aside.
6. In the same skillet, reduce heat to medium and add butter and garlic. Sauté for 30 seconds.
7. Stir in lemon juice and parsley, and pour sauce over fish before serving.

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