

Chilean Sea Bass with Garlic Stuffed Olives and Basil

This Chilean sea bass recipe is flaky on the outside and very tender on the inside. It is light and tasty. A perfect recipe for a home cooked seafood dinner.

Ingredients

*4 filets of Chilean sea bass about 1 1/2 -2 inches thick (1 1/2 pounds)
1 large bunch green onions diagonally sliced in 1 inch slices (about 1 1/2 cups)
12 garlic stuffed large green olives, drained and sliced in half diagonally
1 1/2 cups fresh basil removed from stems
1 teaspoon capers
1/4 cup flour
1/2 cup chicken broth
1/2 cup dry white wine
1 tablespoon fresh lemon juice
1/2 cup fresh grated parmesan cheese
1 tablespoon extra virgin olive oil
1/2 tablespoon unsalted butter
Fresh ground sea salt and pepper*

Preparation

Heat oven to 375 degrees. Sprinkle sea bass with salt and pepper on both sides and coat with flour. Shake off excess flour. Melt butter and olive oil in a large scan pan or oven proof pan on medium heat. Cook onions for 2 minutes stirring often. Add fish to the skillet and cook for 5 minutes or until light brown on the bottom.

Add olives and capers to the pan. Turn fish over carefully and add broth and wine to the pan. Sprinkle lemon juice on top of the fish. Top the fish with parmesan cheese and transfer pan to the oven. Bake uncovered for about 12-15 minutes. Fish should be flaky on the outside and tender on the inside. Place fish on separate plates and top with olives, onions, and capers along with the pan juices. Serve with a side of roasted potatoes.

**Note- If you don't have an oven proof pan you can transfer the fish and mixture to a baking pan when ready to bake.*

Serves 4