

# Super quick sea bass

Takes 10 minutes, serves 2 as a protein portion and uses 1 pan

## INGREDIENTS

2 seabass fillets, skin on, pin boned and at room temperature.

Small handful of fresh basil leaves, torn

Maldon smoked salt

Olive oil

## DIRECTIONS

Heat a frying pan over a medium heat. Add a little drizzle of olive oil to lightly coat the pan.

Pat the sea bass fillets dry with some kitchen towel. Place them skin side down in the pan and hold them flat with your hand or a spatula for 15 seconds. This stops them curling up. Now leave the fish to cook for 5 minutes and don't try to move them.

After 5 minutes, gently ease the fillets away from the pan with a spatula and turn them over. Cook the other side for 3 minutes.

Place the fillets on plates, then drizzle with a little more olive oil, sprinkle liberally with the salt and finally, scatter with torn basil.

