

SEA BASS WITH DILL AND HORSERADISH SAUCE

The sauce also works well with other fish including salmon or mackerel

Serves 4

Per serving: 118 Calories, 2.9g fat (excluding accompaniments)

Prep time 20 mins

Cook Time 15 mins

INGREDIENTS

4 x 100g fresh Sea Bass fillets
juice of ½ lemon
1 tsp horseradish sauce
½ tsp ground coriander
1 tsp green peppercorns in brine
4 tbsps 3% fat Greek yogurt
1 tsp chopped fresh dill
salt and freshly ground black pepper
oil spray

METHOD

1. Season the sea bass on both sides with salt and black pepper.
2. Heat a non-stick pan and spray lightly with oil spray.
3. Add the sea bass fillets to the hot pan and cook, skin-side down, for 2 - 3 minutes, then turn them over and cook for a further 2 - 3 minutes. Remove from the pan and keep warm on a baking tray.
4. Add the lemon juice, horseradish, coriander and peppercorns to the pan and stir well to combine. Keep stirring until you are ready to serve, then remove from the heat and mix in the yogurt and dill.
5. Arrange the sea bass on a serving dish and pour the sauce over the fish. Serve with new potatoes and a selection of mixed vegetables.

