

Mediterranean sea bass with olives and lemons... Julia Engstrom and Bruce Millsom

4-6 servings

White sea bass (6 oz each) skinless, boneless
1 tsp Harissa (Middle Eastern hot chili powder)
½ teaspoon Turmeric
7 tablespoons olive oil
1 ripe tomato
1 white onion, thinly sliced
1 garlic clove thinly sliced
1 lemon
10 tablespoons green pitted olives, chopped
½ bunch flat leaf parsley
Salt and pepper

Blend half olive oil with Harissa and turmeric. Brush on filets and set aside as they come to room temperature. Peel and dice tomato. (Separate cutting board). Heat second half of olive oil in heavy skillet, adds onion, garlic, and cook until onion is soft. Add the tomato lemon and olives and simmer for 7-8 minutes letting flavor develop, simmering while the fish is cooking...

FOR THE FISH: add 2 additional tablespoons of olive oil to a hot skillet. Sear fish for 3- minutes per side. Put on warm platter, top with tomato olive mixture and garnish with chopped Italian parsley and the remainder of the lemon, sliced into rings.

Nutrition Facts	
Serving Size (284g)	
Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 260
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	% Daily Value*
Total Fat 28g	43%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 650mg	27%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 32g	
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Vitamin A 20%	• Vitamin C 10%
Calcium 4%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

