

Steamed Seabass with Herby shallot crumb, and Caper Yoghurt sauce

Serves 3-4

INGREDIENTS

4 seabass fillets
2 limes
1 tbsp extra virgin olive oil

Herby Shallot Crumb

25g fresh coriander
¼ cup crispy shallots
1 Tbsp extra virgin olive oil
Pinch of flaky salt
1 tsp crack black pepper

Caper Yoghurt Sauce

4 Tbsp Greek yoghurt
1 Tbsp capers with brine
1 spring onion
1 garlic clove
1 lime zested
1 lime juiced
1 Tbsp extra virgin olive oil

**ALLERGENS HIGHLIGHTED IN
BOLD**



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METHOD

1. Preheat the oven to 200°C Full Steam
2. Grab a large baking tray and line it with baking paper
3. Season the seabass fillets with salt, pepper and a drizzle of olive oil, then place skin side down onto baking paper
4. Finely slice the lime in rounds and place on top of the seabass fillets, then place into the oven to steam for 7 minutes.
5. In the meantime, finely slice coriander and combine all the herby shallots crumb ingredients into a small bowl
6. Then finely slice spring onions, grate garlic and combine the remaining ingredients for the caper yoghurt sauce, mixing until creamy.
7. Remove the seabass from the oven. Spread Yoghurt all over a serving plate, top with seabass fillets and cover the fillets in the herby shallot crumb. Finish with the slices of steamed lime and serve.