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## Pan-Seared Sea Bass with New Potatoes and Cucumber-Dill Relish

The star of this delicious summery dish is the sea bass from the guys over at JK Mayfair (who also supply fish to the Queen!). The trick with getting a crispy skin on your fish is to use a medium-hot pan, and while the skin is cooking, try not to move the fish... it's that easy!

 30 mins

 2.5 of your 5 a day

 healthy



Cucumber (½)



Red Onion (¼)



New Potatoes (1 pack)



White Wine Vinegar  
(1 tbsp)



Sea Bass Fillet (2)



Dill (½ bunch)




Baby Gem Lettuce (1)

## 2 PEOPLE INGREDIENTS

- Cucumber, ribbons
- Red Onion, sliced
- New Potatoes, quartered
- White Wine Vinegar
- Sea Bass Fillet

½  
¼  
**1 pack**  
**1 tbsp**  
**2**

- Dill, chopped **½ bunch**
- Baby Gem Lettuce **1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

In medieval Europe it was once believed that dill protected against curses and witchcraft!

**Allergens:** Sulphites, Fish.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	282 kcal / 1194 kJ	15 g	1 g	29 g	5 g	27 g	0 g
<b>Per 100g</b>	60 kcal / 253 kJ	3 g	0 g	6 g	1 g	6 g	0 g

1



**1** Peel the outside green part of the **cucumber** and discard. Peel strips of **cucumber** lengthways all the way round (you won't need the squidgy seeds in the middle). Cut the **red onion** in half through the root, peel and thinly slice into half moon shapes (you want these as thin as your knife skills allow).

2



**2** Mix your **cucumber** and **onion** with a pinch of **salt** and leave in a colander for 10 mins. **Tip:** *If you don't like raw onion, leave it out at this stage and add it in at the end.*

3



**3** Put a large pot of water on to boil with a pinch of **salt**. Wash the **new potatoes** and cut into quarters. Cook in the boiling water for 10-15 mins or until just tender. **Tip:** *The potatoes are cooked when you can easily slip a knife through.*

4



**4** To make the **cucumber-dill relish**, squeeze the moisture out of your **cucumber** and **onion** (preferably between a few sheets of kitchen paper), then rinse under cold running water. Mix the **vinegar** in a bowl with a sprinkle of **sugar** (if you have some) until your **sugar** dissolves. Add three-quarters of your **vinegar dressing** (keep the rest for later) to your **cucumber and onion mixture**. Put in your fridge until needed.

**5** Heat a large frying pan with a splash of **oil** over medium-high heat. When hot, add the **fish** skin-side down and season the flesh-side with **salt** and **pepper**. Cook for 3-4 mins then turn over and cook for a further minute or two until your **fish** is white in the middle.

**6** Finely chop the **dill** and mix through your **cucumber relish** at the last moment. Taste for seasoning and add more **salt** and **pepper** as needed.

**7** Make the **salad** by picking the **leaves** from the **baby gem lettuce** and adding a drizzle of **olive oil**, a small pinch of **salt** and **pepper** and your remaining **vinegar dressing**. Toss your **potatoes** in a drizzle of **olive oil** and another pinch of **salt** and **pepper** if needed. Serve your **new potatoes** with your **sea bass**, a generous helping of your **cucumber-dill relish** and your **salad**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!