



Sea Bass with Ginger, Chilli & Spring Onion



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Ingredients (Serves 6)

- 6 sea bass fillets, about 140g each, skin on, descaled
- 3 tbsp sunflower oil
- large knob of ginger, peeled and shredded into matchsticks
- 3 garlic cloves, peeled, thinly sliced
- 3 fat, fresh red chillies, deseeded and thinly shredded
- bunch spring onions, shredded length-ways
- 1 tbsp soy sauce

Method

Season the fish with salt and pepper, then slash the skin three times.

Heat a heavy based frying pan and add 1 tbsp oil. Once hot, fry the fish, skin side down, for 5 minutes until the skin is very crisp. The fish will be almost cooked through.

Turn over, cook for another 30 seconds to 1 minute, then transfer to a serving plate and keep warm. You'll need to fry the fish in two batches.

Heat the remaining oil, then fry the ginger, garlic and chillies for about 2 minutes until golden. Take off the heat and toss in the spring onions.

Splash the fish with a little soy sauce and spoon over the contents of the pan.