

## **Cray fish mango salad with pan fried sea bass**

1Xseabass (fillet)

1xhand full Cray fish

1xhand full mixed leaf

1xsmall hand full mango

3x asparagus (spears)

10xgreen beans

5x sun blushed tomatoes

1xsmall hand full red onion (thinly sliced)

**HERB DRESSING** – combine all ingredients and blitz in food processor season-(salt pepper) to taste

5x sprigs Coriander

50ml extra virgin olive oil

Seasoning (salt/pepper)

Juice of half a lemon

1xhand full of Spinach

**Sea bass-** heat pan add a splash of oil season (salt/pepper) sea bass place in pan skin side down reduce heat cook for 2 minutes add a good squeeze of lemon juice then a knob of butter baste over the sea bass remove pan from the heat turn sea bass over and allow to cook gently for a further 1 minute.

### **Salad**

**Cray fish-** remove from brine

**Mixed leaf-** wash and pick leaf

**Mango-** remove skin using a knife dice mango being care full not to cut through large seed

**Asparagus-** blanch slice on angle

**Green beans-** blanch in boiling water for 1 minute then roughly cut

**Sun blushed tomato-** can be left whole or can be cut into smaller pieces if preferred

**Red onion** (thinly sliced)