



Healthy Braised Chilean Sea Bass

Healthy and scrumptious, clam broth adds depth of flavor to this dish. Serves 4

- 4 – 3oz portions Chilean sea bass, skin on
- 2 envelopes St. Ours Clam Broth
- 2 Tbsp butter
- 1 Tbsp olive oil
- 2 cups leeks, cleaned, sliced thin
- 3 carrots, peeled, cut into sticks
- 4 red potatoes, cleaned, sliced ½ inch thick
- 2 Tbsp fresh parsley
- ¼ tsp black pepper

Season the sea bass with salt and pepper. Melt 1 Tbsp butter in a large sauté pan on medium hi, add 1 Tbsp olive oil, when shimmering, add sea bass, skin side up, sear 5 minutes to golden brown. Carefully flip the fish, sear skin side, about 5 minutes, set this pan aside. Melt 1 Tbsp butter in a large sauté pan on medium hi, add 1 Tbsp olive oil, when shimmering, add leeks and carrots, cook stirring 5 minutes. Whisk St. Ours Clam Broth into 2 cups hot water, add to skillet with potatoes, parsley, and pepper, bring to a boil. Reduce heat, simmer about 12 minutes. Add sea bass and juice from other pan, simmer covered for 5 minutes. Fish should be white and flaky. Serve fish with broth and vegetables.

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