

SEA BASS WITH CUCUMBER SALSA

CUCUMBER SALSA INGREDIENTS

- 1 Cucumber (peeled) (seeded) (chopped)
- 1 1/2 t Coconut Aminos **OR** Tamari sauce (low-sodium)
- 2 T Vinegar (rice wine)
- 2 Scallions (chopped)
- 1 T Cilantro (chopped)

CUCUMBER SALSA DIRECTIONS

- 1 Combine all ingredients & mix well
- 2 Cover & set aside
- 3 You can make the salsa the day before and store it in the refrigerator

SEA BASS INGREDIENTS

- 1/4 C Coconut Aminos **OR** Tamari (low-sodium)
- 1/4 C Mirin
- 3 T Sugar
- 2 T Wine (dry) (white)
- 2 Sea bass fillets (3 oz each)
- 1/2 C Flour (of your choice)
- 3 T Olive oil
- 2 cloves Garlic (smashed)
- 1 T Sesame seeds (toasted) (for garnish)



SEA BASS DIRECTIONS

- 1 In a medium saucepan over low heat, stir together aminos or tamari, mirin, sugar & wine
- 2 Stir frequently until the sugar is completely dissolved (About 3 minutes)
- 3 Dredge the sea bass in the flour & set aside
- 4 Heat a skillet on medium-high heat until hot
- 5 Add the olive oil until hot but not smoking
- 6 Sauté the sea bass for 2 1/2 minutes on each side until browned
- 7 Reduce the heat to medium then pour in the sauce mix & cover with a lid
- 8 Lower heat to medium & cook until the fish is cooked through (5 - 6 minutes)

