



Recipe #3: Seabass with Black Olive Tapenade

INGREDIENTS: (SERVES 4)

4 sea bass fillets (Medium sized)

Sea Salt

Black Pepper, cracked

Handful of watercress & rocket, lightly dressed

Olive oil

25g butter

1 Jar of *Cava Black Olive Tapenade*

METHOD:

Trim the belly from the side of the sea bass fillet and then cut in diagonally in half. Heat the olive oil in a non-stick frying pan and when hot add the sea bass fillets skin side down. Season lightly with some sea salt and black pepper.

When the skin is crispy, turn the fillet over. Add the butter and let it foam. Baste the fish gently allowing the melted butter to constantly coat the fillet. Do not let the butter burn, however it will go lightly brown.

Serve the sea bass with the dressed leaves and some *Cava Black Olive Tapenade*.

