

RECIPE | TOMATOES

# GRILLED SEA BASS WITH TOMATOES



pure  
flavor



PURE-FLAVOR.COM

# GRILLED SEA BASS WITH TOMATOES

Recipe created by *Chef Sergio Howland*



## INGREDIENTS

### For the tomatoes:

- 1 lb** Pure Flavor® Organic Luna® Sweets Cocktail Tomatoes, quartered
- ¼ cup** olive oil
- 2** garlic cloves
- 2** rosemary sprigs
- 2** thyme sprigs
- Salt & pepper, to taste

### For the sea bass:

- 4** Sea bass fillet
- 1 tbsp** olive oil
- 1 tbsp** butter, melted

### For the vinaigrette:

- 2** lemons, juice & zest
- ¼ cup** capers
- ½ cup** olive oil
- 3 tbsp** Castelvetrano olives, sliced
- Salt & pepper, to taste

### For the cauliflower mash:

- 1 head** cauliflower, florets only
- 2 cups** heavy cream
- 3** garlic cloves
- Salt & pepper, to taste

### For garnish (optional):

- Micro greens

## DIRECTIONS

- 1** Preheat oven to 250° F. Place tomatoes in a mixing bowl. Add oil, herbs, garlic and seasoning, then mix to combine. Spread the mixture on a parchment lined baking sheet and slow roast for 30 minutes. Turn the oven off and leave the tomatoes in the oven while you prepare the rest.
- 2** Place cauliflower and garlic in a pot, cover with cream and season well. Bring to a simmer and cook until the cauliflower is soft, about 15 minutes. Strain the cauliflower, reserving the cream, and put in a blender. Blend until smooth, adding in some of the reserved liquid as needed to create smooth consistency.
- 3** Lightly oil the grill and grill fish for 7 minutes. Turn and drizzle with butter. Continue cooking for another 7 minutes, or until easily flaked with a fork. Set aside.
- 4** Mix the vinaigrette ingredients together in a small bowl. Taste and adjust seasonings if necessary. Set aside.
- 5** Place a big spoonful of the mash in the center of a plate. Add the fish on top, and arrange the dried tomatoes around it. Drizzle the vinaigrette over the dish and serve. Garnish with micro greens (optional).



**60 min**

**30 min** | **30 min**  
PREP. | COOKING



**4**



**easy**