



Pan Seared Ontario Maple Glazed Sea Bass

Yield: 2 Servings



INGREDIENTS

Sea Bass & Glaze

- 2 tsp. vegetable or canola oil (10 ml)
- 2 sea bass fillets, approximately 4 oz each (113.4g each)
- 2 pinch kosher salt
- 1 tbsp. maple syrup (14 ml)
- ½ tsp. soya sauce (low sodium) (2.5 ml)
- 30g unsalted butter
- Fresh micro greens (optional garnish)

Squash Puree

- Preheat oven to 400 F
- 1 small size butternut squash
- 1 tsp. vanilla
- ½ tsp. sea salt
- 1 pinch nutmeg

Broccolini

- Broccolini (2-4 heads)
- 2 tsp. olive oil (you can use butter or another neutral oil too)
- ½ tsp. garlic minced
- 1 tsp. lemon juice
- 1 pinch of chili flakes / red pepper flakes (optional)
- Salt (to taste)

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Bon Appetit!

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INSTRUCTIONS

Sea Bass

- Preheat oven to 400° F.
- Pat the sea bass dry then lightly season both sides of the sea bass with kosher salt. Let the filets sit uncovered skin side up in the fridge for at least 1 hour (optional).
- Heat a pan to medium high with vegetable oil. Place filets in the pan skin side down and cook for 3-5 minutes until the sides start to turn white in color and the skin becomes a deep gold color. Don't touch the fish until it's time to flip.
- After 5 minutes flip the fish and move the pan to the oven to finish cooking for about 7 more minutes until the internal temperature of the fish is 158°F.
- Serve sea bass skin side up.

Glaze

- In a saucepan on med-moderate heat bring together maple syrup and soya sauce.
- Once bubbling, turn heat off, add butter and whisk together until a smooth glaze forms.
- Spoon this glaze over fish and serve.

Squash Purée

- Slice the squash in half, roast in the oven at 400° F for about 45 minutes or until you can pierce easily with a large skewer.
- Remove and let the squash cool well enough to handle (can be slightly warm).
- Scoop out the flesh. Discard the skin.
- Put in a bowl. Add the vanilla, sea salt, and blend well into a creamy mixture.
- Grate a healthy dusting of nutmeg.
- Serve hot.

Broccolini

- Prepare the broccolini: Trim around 1-2cm off the ends of the broccolini. This piece can often be a little woody so it's best to trim and discard.

Sauté: Heat a frying pan over medium - high heat. Add a splash of olive oil then add the broccolini. Toss in the oil then add 1/4 cup of water and cover with a lid (or a large plate if your pan doesn't have a lid). Allow to steam for 2 minutes. Remove the lid and allow any water to cook off then add the minced garlic, chilli flakes and salt. Sauté for another 2 minutes. Drizzle with lemon juice and serve.

Bon Appetit!

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