



Crisp sea bass with grapefruit hollandaise

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp citrus champagne vinegar
- ☐ 5 peppercorns black
- ☐ 1 pink grapefruit
- ☐ 100 g butter unsalted
- ☐ 2 large egg yolks
- ☐ 1 tbsp double cream
- ☐ 400 g sea bass fillets
- ☐ 2 tsp oil

- ☐ 1 serving greens steamed

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Put the vinegar, peppercorns and coriander seeds (if using) into a small pan with 1 tbsp water. Simmer until reduced to 1 tsp, then remove from the heat. If it reduces too much, add a splash of water.
- ☐ Segment the grapefruit and put the segments onto kitchen paper. Squeeze the juice from the middle of the fruit.
- ☐ Melt the butter in a small pan and keep it warm.
- ☐ Put the egg yolks into a blender or food processor with a generous pinch of salt. Strain the reduced vinegar on top, then discard the pepper and coriander seeds.
- ☐ Add 1 tsp grapefruit juice, then whizz for a few seconds.
- ☐ With the motor on the blender running, pour in about 1 tbsp butter and the cream. Gradually add the rest of the butter, allowing it to fully emulsify after each addition to make a thick, smooth sauce. Keep the butter warm on the hob in-between pours.
- ☐ Add 1 tsp more grapefruit juice to loosen, then season. Stir in the segmented grapefruit and break it up a little. Keep the sauce warm while you cook the fish.
- ☐ Slash, then season the sea bass.
- ☐ Heat a non-stick frying pan over a medium-high heat.
- ☐ Heat the oil, then fry a fillet or two, skin-side down, for 4-5 mins, or until the flesh has changed colour almost all the way through and the skin is crisp. Flip the fish over, cook for 30 secs, then remove to a plate and keep warm while you fry the remaining fillets.
- ☐ Serve with the hollandaise and steamed greens.

Nutrition Facts



 **PROTEIN 21.78%**  **FAT 69.87%**  **CARBS 8.35%**

Properties

Glycemic Index:14.25, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:15.25130417036%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 365.76kcal (18.29%), Fat: 28.56g (43.95%), Saturated Fat: 15.2g (95.03%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.58g (5.09%), Cholesterol: 229.79mg (76.6%), Sodium: 79.77mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.07%), Vitamin B12: 4.03µg (67.24%), Selenium: 41.73µg (59.62%), Vitamin A: 1742.73IU (34.85%), Vitamin C: 22.33mg (27.07%), Phosphorus: 255.24mg (25.52%), Vitamin B6: 0.37mg (18.7%), Vitamin B5: 1.22mg (12.23%), Magnesium: 48.41mg (12.1%), Vitamin B3: 2.3mg (11.51%), Potassium: 381.54mg (10.9%), Vitamin B1: 0.15mg (9.84%), Vitamin E: 1.31mg (8.75%), Folate: 34.35µg (8.59%), Iron: 1.22mg (6.8%), Vitamin B2: 0.12mg (6.79%), Vitamin D: 0.89µg (5.96%), Calcium: 50.6mg (5.06%), Zinc: 0.7mg (4.64%), Fiber: 1.06g (4.22%), Vitamin K: 3.74µg (3.56%), Copper: 0.07mg (3.47%), Manganese: 0.07mg (3.36%)