

# **Seared Sea bass with beetroot-apple relish, horseradish and watercress**

(2 servings)

## **Sea bass**

- Sea bass fillet 2psc
- Olive Oil

## **Horseradish cream**

- Sour Cream 0.100kg
- Horseradish cream 0.040kg
- Dijon Mustard 0.5 tsp
- Lemon Juice Season to taste
- Seasoning ( Salt and Pepper )

## **Beetroot Apple Relish**

- Beetroot 1 pcs
- Vegetable/chicken Stock 0.250l
- Green Apple 1 pcs
- Small Shallot 1pcs
- Lemon Juice Season to taste
- Seasoning

## **Watercress**

- Watercress leaves 0.120kg
- Olive Oil
- Seasoning

## **Garnish**

- Chives 1 handful

## **Pre-Preparations:**

- Cut the Shallot in thin slices
- peel the beetroot and grate it directly in a saucepan
- Add the stock and the shallots to the saucepan and cook over medium heat
- While the beetroots are cooking, peel and grate the apples. Add to the beetroot and season to taste with salt, pepper and lemon juice
- For the horseradish cream, place the sour cream in a bowl add the horseradish cream and Dijon mustard and mix together. Stir in the salt, pepper and lemon juice to taste

## **Preparation:**

- Place a non-stick pan on a medium heat and add a little olive oil. Season the Sea bass fillet and place skin-side down in the pan. Cook for 2 minutes or until golden brown and crisp and the skin turns white. Turn it over and cook for another minute then remove it from the pan. Finish with a squeeze of lemon juice
- In another frying pan heat up a little bit of Oil and sauté the watercress, season with salt and pepper. Leave some watercress uncooked for the garnish.

