



SEA BASS WITH TOMATO SALSA & CRUSHED POTATOES

 **Prep: 10 minutes**

 **Cook: 20 minutes**

 **Serves: 2**

INGREDIENTS:

- 350g new potatoes, halved
- 3 tomatoes, diced (200g)
- 4 spring onions, thinly sliced
- ½ x 25g pack basil, shredded
- 2 tbsp olive oil
- ½ tsp **LoSalt**
- 2 sea bass fillets (180g)

METHOD:

1. Cook the potatoes in boiling water for 10 minutes or until tender, drain and roughly crush.
2. Meanwhile, mix together the tomatoes, spring onions and basil and set aside. Heat 1½ tbsp oil in a large frying pan and fry the potatoes with the **LoSalt** for 4-5 minutes until golden and crispy. Remove and keep warm.
3. Add the remaining oil to the pan and fry the sea bass, skin side down for 2-3 minutes, turn and cook for a further 1 minute.
4. Divide the potatoes between 2 plates and top with the sea bass. Spoon over the tomato salsa, to serve.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using cod or salmon instead of sea bass or add some fresh chilli to the salsa.