**Seared Sea Bass**

**Seabass**

* 1 tsp of Olive Oil
* 1 Sea Bass Fillet

**Chorizo Potatoes**

* 1 tsp of Olive Oil
* 50g of Smoked Chorizo
* 2 Cloves of Garlic
* 200g of Waxy Baby Potatoes
* 1 tsp of Paprika
* 1 tsp of Onion Salt
* 1 tsp of Oregano

**Vegetables**

* 1 tsp of Olive Oil
* ½ a Red Onion
* ½ a Yellow Pepper
* ½ a Courgette
* Semi-Dried Tomatoes
* Pitted Kalamata Olives
* 1 tsp of Oregano

**Red Pepper Sauce (Optional)**

* 1 tsp of Olive Oil
* ½ a Red Onion
* 1 Red Pepper
* ½ a Yellow Pepper
* 1 Clove of Garlic
* 1 tsp of Tomato Puree
* 1 tsp of Paprika
* 1 tsp of Onion Salt
* 1 tsp of Oregano