



Sea bass with sizzled ginger, chilli & spring onions



Method

1. Season the fish with salt and pepper, then slash the skin 3 times. Heat a heavy-based frying pan and add 1 tbsp oil. Once hot, fry the fish, skin-side down, for 5 mins or until the skin is very crisp and golden. The fish will be almost cooked through. Turn over, cook for another 30 secs-1 min, then transfer to a serving plate and keep warm. You'll need to fry the fish in 2 batches.

2. Heat the remaining oil, then fry the ginger, garlic and chillies for about 2 mins until golden. Take off the heat and toss in the spring onions. Splash the fish with a little soy sauce and spoon over the contents of the pan.



Ingredients

6 x sea bass fillets, about 140g/5oz each, skin on and scaled

about 3 tbsp sunflower oil

large knob of ginger, peeled and shredded into matchsticks

3 garlic cloves, thinly sliced

3 fat, fresh red chillies deseeded and thinly shredded

bunch spring onion, shredded longways

1 tbsp soy sauce

