

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Grilled Seabass with Courgette, Asparagus, Lemon and Hazelnut

ready in under 25 minutes!



### Ingredients – serves 4 people

4 each seabass fillets (150/180gm size – scaled and de-boned)  
4 Tbsp pomace or olive oil  
salt & pepper to taste  
1 large green courgette (sliced 6mm thick)  
1 large yellow courgette (sliced 6mm thick)  
1 pkt thai asparagus

4 Tbsp hazelnuts (crushed lightly)  
4 Tbsp butter  
4 Tbsp veg stock  
1 each lemon (zested and juiced)  
1 handful of parsley leaves (torn or roughly chopped)

### Method

Pre heat the grill to between mid & highest setting.  
Pre heat a non-stick fry/sauté pan over a high heat.

Cut each seabass fillet in half lengthways and brush with oil on all sides. Season to taste with salt and black pepper and place onto a non-stick baking sheet – skin side up.  
Season the sliced courgette and thai asparagus to taste with salt and black pepper.

Place seabass under the grill.

Add seasoned courgette and asparagus to the preheated pan and ensure the base is covered in a single layer (you may need to cook these in 2 batches).

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Once the courgette slices have lightly charred – flip them over.

Check the seabass (approx. 3 minutes) if the skin is charring but the flesh still not cooked then reduce the heat to medium.

Once the courgettes and asparagus are cooked, add them to the baking sheet next to the seabass (repeat if needed until all courgette is cooked).

Reduce the heat to low/medium (100°C) to keep warm.

Put the lightly crushed hazelnuts into the same pan the courgette and asparagus were cooked in.

Increase heat to high and toast the nuts for 30 seconds then add the butter.

When the butter starts to foam and brown, add the lemon juice & zest and the stock. Swirl the pan so everything combines.

Reduce the sauce until the consistency of thin cream then add the parsley and turn off the heat.

Arrange the cooked vegetables onto the serving plates and then carefully arrange the seabass.  
Spoon the buttery hazelnuts and sauce over and around the seabass.

Serve immediately.

Notes from the chef:

The courgettes can be sliced lengthways if you wish.

Thai asparagus can be substituted for French/green beans or spring onions.

Pine nuts or walnuts may be used instead of hazelnuts.

If you wish to barbeque this recipe then do not cut the seabass fillets in half.

If you can find fresh whole seabass, then these can be grilled or barbecued whole and then served as a centre piece. Score the skin lightly on both sides of the fish. Stuff the cavity with spring onion, lemon and parsley stalks and lightly season.

Brush the skin a couple of times with oil during the cooking.

Any white fish works well with this recipe – seabream, sherry, halibut etc but you will need to adjust cooking times depending on the thickness of the fish!

Tbsp - tablespoon

Tsp - teaspoon