

Capital Recipe

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

“Foodie Thursday”.

Pan Seared Sea Bream with Green Apple Som Tum Salad

healthy, nutritious, quick and delicious!



Ingredients – serves 4 people

4 each sea bream fillets (bones removed, skin slashed 5 or 6 times)
2 Tbsp cooking oil
salt & pepper to taste

Salad

4 each green apples (washed - Granny Smith are perfect)
20 each green beans (washed, ends trimmed)
1 or 2 long red chilli pepper(s) (seeds removed & finely diced)
handful coriander leaves (washed & picked)

handful mint leaves (washed & picked)
4 Tbsp jasmine rice
6 Tbsp fish sauce
6 Tbsp brown sugar
6 Tbsp pomegranate molasses
2 each lime (juiced - approx. 4 tbsp needed)
2 large garlic cloves (finely grated)

Garnish

6 Tbsp roasted unsalted peanuts (roughly broken)

Method

Pre-heat a non-stick pan over a moderate heat then add the jasmine rice.
Cook until ‘toasted’ and golden brown all over (approx. 6 - 8 minutes) then tip out onto a plate to cool.
Keep the pan for the sea bream.
Once cooled, pulse in a food processor until the texture of large sugar granules.
Mix sugar and lime juice together until the sugar has dissolved.
Add fish sauce, pomegranate molasses, diced chilli pepper and grated garlic and mix.

Re-heat the non-stick pan over a moderate to high heat.
Brush the sea bream fillets in the oil and season with salt and pepper.
Place skin side down into the hot pan and cook for approx. 3 – 4 minutes.

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Turn each fillet and cook for approx. 2 minutes more then turn off the heat.

Whilst the sea bream is cooking, finish preparing the salad.
Cut the apples in half, then each half into 2 pieces and remove the core.
Slice each apple quarter into thin slices approx. 3mm wide.
Add the apple slices to the dressing and toss to coat.

Place green beans onto a board and lightly bash with a hammer/heavy object.
Cut them into 3 or 4 pieces then add to the salad and mix.

Add the coriander, mint leaves and toasted rice granules to the salad and toss together.

Divide the salad between 4 serving bowls/plates then top with a cooked sea bream fillet.
Pour any dressing over the sea bream then garnish with the chopped peanuts.

Notes from the chef:

The intensity of the dressing can be reduced by using less fish sauce.

You can use Thai birds eye chilli's if you want to up the spiciness.

Toasted rice is a traditional Thai ingredient and is quite easy to do. You can also crush in a pestle and mortar.

The dressing can be made in advance and kept in the fridge for several days.

Pomegranate molasses is readily available and a brilliant substitute for tamarind paste which is the more traditional ingredient in the dressing.

Som Tum is traditionally made with Green Papaya but this is not always easy to find. If you can find it then it should be cut into very thin strips like spaghetti.

Tbsp - tablespoon

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