



Quinoa Crusted Sea Bass

Serves 4 as a main course

I love this earthy, nutty, buttery combination of quinoa and sea bass. The cheese adds fullness and complexity to the flavors, but it can be omitted (or substitute cottage cheese or tofu to satisfy your nutritional preference).

Ingredients:

2 cups prepared Quinoa
2 green onions, white and light green parts only, finely chopped
2 cloves garlic minced
2 tablespoons minced fresh ginger
Zest of 1 lemon
1/2 cup all purpose, unbleached flour
Coarse Sea Salt and fresh ground pepper, to season
2 eggs
4 sea bass fillets, about 4 to 6 ounces each, or any other firm, meaty but mild, white fish filets
1/4 cup extra virgin olive oil
1/4 cup fresh chopped parsley, for garnish

Preparation:

In a shallow bowl, combine the quinoa, green onions, garlic, ginger, and lemon zest. Reserve. Place the flour in another shallow bowl and season with coarse salt and fresh ground pepper. Crack the eggs into another shallow bowl and beat with a fork.

Pat the fish dry with paper towels. Carefully dredge the fillet in the flour, then dip in the egg, and then into the quinoa (the “breading”) mixture. Pat the breading so that it adheres to the fillet. Set aside and repeat with the remaining fillets.

Heat a large skillet over medium heat. Add the oil. When oil is shimmering, place the fish, skin side down, in the skillet and cook until brown, about 4 to 6 minutes. Carefully turn the fillets and continue cooking until browned and cooked through, about 3 to 5 minutes more, taking care to lightly brown the sides of the fish if your fillet is thick. The fillet is done when it is just opaque in the center.

Remove to a warmed plate. Garnish with fresh chopped parsley and serve immediately.

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