

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

Prairie Street Prime
Chilean Sea Bass Fillets

1 teaspoon ground
coriander

1 teaspoon turmeric

1 teaspoon ground cumin

1 teaspoon smoked
paprika

1 white onion chopped

2 garlic cloves minced

1 tablespoon of grated
ginger

1 zucchini cut

2 medium tomatoes
chopped or one can
whole tomatoes

½ cup of green olive
chopped

1 cup of vegetable stock

2 tablespoons finely
chopped cilantro

1 clove garlic, grated

1 teaspoon capers, finely
chopped

1 lemon

1 Using a paper towel, pat dry the fish fillets to remove any excess moisture. Lightly salt and pepper both sides of the fish. Sprinkle on the ground coriander, turmeric, ground cumin, and smoked paprika. Coat each side like a dry rub.

2 Heat Dutch oven on the stove top. Add olive oil once the pot is hot. Next sear the fish and get a nice crust on each side. Remove the fish and set aside. The fish should not be cooked through.

3 Add a bit more oil and sauté the onions. Let the onion soften and become translucent before adding the garlic and ginger. Stir the pot with a wooden spoon.

4 Add the zucchini and let it cook a few minutes and soften. Stir the zucchini into the onion mixture and now add tomatoes. The liquid from the tomatoes will deglaze the pot. Add a cup of vegetable stock and stir.

5 Next add the Chilean Sea Bass back to the pot and cover for 4 minutes. The internal temperature for a white fish should be 135F. But we are going to turn off the heat when the fish is at 130F. The fish will keep cooking after the heat is off. The external heat will flow to the center of the fish raising the temperature to 135F.

6 Add the olives and cilantro and squeeze a lemon over top.

7 Serve with couscous, rice, or crusty bread.

Bete'avon

Kosher extra virgin olive
oil

Kosher salt

Fresh ground black
pepper