



Chickpea Crusted Sea Bass

With a Pepper, Tomato, and Fennel Relish

A hint of lemon and ginger bring it together, offsetting the earthy notes of the flavored chickpeas, resulting in a wonderfully balanced sea bass entrée!

Camine Pappas | February 2021 | Serves 4

INGREDIENTS:

CRUST FOR FISH:

- 4 6 oz. filet portions of fresh Sea Bass
- 1/3 C finely minced Saffron Road brand Crunchy Chickpeas Korean BBQ
- 1/2 T dried oregano
- 1/2 T ground ginger
- 1/4 t kosher salt
- 1/4 t black pepper
- 1 1/2 T grapeseed oil

RELISH:

- 3/4 C finely chopped mini peppers (yellow)
- 1/3 C diced grape tomatoes
- 1/3 C finely diced fennel
- 2 large garlic cloves finely chopped
- 1/4 C finely diced white onion
- 1/4 C flat leaf parsley finely chopped
- 2 T fresh lemon juice
- 2 T grapeseed oil
- 2 T honey ginger white balsamic vinegar or a plain white balsamic
- 1/2 t ginger powder
- 1/2 t dried oregano
- 1/2 t black pepper
- 3/4 t kosher salt



METHOD:

Mince Chickpeas in a food processor and add to a small bowl with the thyme, ginger, salt, pepper, and the oil. Stir and then slowly add oil until it becomes a chunky paste. Slather that over the fish, place in a glass baking dish, bake at 400 degrees F for 12-16 minutes. Remove from pan and serve with the relish. Can be accompanied by butter braised asparagus.

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