

PAN FRIED SEABASS WITH
GOAN CURRY & ROASTED TOMATOES

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

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Ingredients

SERVES 1

HS738 Harvey and Brockless Kitchen Goan Curry	100ml
DA105 Dell'ami Arbequnia Olive Oil	10ml
IN337 Blackthorn Sea Salt	2g
DB007 Croxton Manor unsalted butter	5g
Seabass Fillets, the skin scored and cut in half	1 fillet
Cherry Tomatoes	2 tomatoes
Baby Spinach	60g
Coconut Shavings, toasted	2g
Green Chillies, thinly sliced	0.5g
Coriander, washed and drained	0.5g
Ground White Pepper	2g



PAN FRIED SEABASS GOAN CURRY
with Spinach, Grilled Tomatoes, Chillies and Coconut Flakes

Method

1. Pre heat the oven at 175 degrees. Cut the cherry tomatoes in half, place in a bowl drizzle with oil and season with salt and pepper. Lay onto a lined baking tray, roast for 10 to 15 minutes.

2. Heat oil in a frying pan over a high heat. Season the seabass skin with salt and pepper, then place the fillets into the frying pan, skin side down. Lightly push the fish down. Fry the skin until it is golden and crispy. Turn over and fry the flesh side down.

3. Whilst the fish is cooking. Melt the unsalted butter in a pan. Once the butter is foaming, place baby spinach in the pan and cook until it has wilted. Set aside and keep it warm.

4. Gently warm the Goan curry sauce in a sauce pan. Once the Goan curry sauce is warm. Spoon the Goan curry sauce into a warm bowl, add the wilted spinach, place the Seabass on top of the spinach and arrange the cherry tomatoes, then sprinkle the toasted coconut and the sliced green chilli over the seabass and then finish with the coriander.

Harvey and Brockless Kitchen Goan Curry Sauce

A light, fruity and tomato based traditional Indian curry sauce from Goa. Gentle curry flavours with a kick of warming spice coming through at the end.

Dell'ami Arbequina Olive Oil

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.

Blackthorn Sea Salt

Made with wind, sea and thorns on the West Coast of Scotland, Blackthorn Salt is the ultimate transformative ingredient for today's kitchen. Poignant and bittersweet, with a taste echoing sea, Blackthorn Salt adds a rolling moreishness to any meal.

Croxton Manor Unsalted Butter

Our very own Croxton Manor butter is made with fresh milk from British cows raised to strict quality standards. Perfectly used for enriching pastry dough, melting into sauces or lavishing on hot crumpets. This unsalted butter is not blended and is additive free.
