



Black Sea Bass with Shrimp in a Lemon Scampi Sauce

This Black Sea Bass is perfect for your next date night dinner or to make any night a special occasion. Why go out when you can make this restaurant-style dish in your own home tonight.

Prep Time 10 mins

Cook Time 20 mins

Total Time 30 mins

Course: Entree

Cuisine: American

Servings: 2

Calories: 304kcal

Author: Chef Dennis Littley

Ingredients

- 12-14 ounces black sea bass fillets
- 6 16-20 count shrimp Peeled and deveined Peeled and deveined
- 1 tablespoon capers
- 1 clove garlic - finely chopped
- juice of one half lemon
- splash of white wine
- 2 ounces vegetable stock
- 1 tablespoon of butter rolled in flour
- 1/2 teaspoon Italian parsley - finely chopped

US Customary - Metric

Instructions

1. Preheat oven to 350
2. Place sea bass fillets in a baking pan and drizzle with extra virgin olive oil, then sprinkle with sea salt and black pepper. add a little water to the pan to help keep the sea bass moist
3. Roast Sea Bass for 15-20 minutes
4. In a sauté pan add olive oil and chopped garlic, when the garlic starts to cook add the shrimp.
5. Turn the shrimp over and add the capers.
6. When shrimp are almost fully cooked add a splash of white wine.
7. Add stock, lemon juice and butter rolled in flour.
8. As the sauce begins to thicken up add chopped parsley, remove from heat and serve over plated Black Sea Bass fillets.
9. Garnish with sliced lemon and serve with your favorite sides.