



BLACK SEA BASS WITH SHRIMP IN A LEMON SCAMPI SAUCE

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Course: Entree

Cuisine: American

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 2

Calories: 304 kcal

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

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.