



## Sea Bass with a Red Onion, Tomato and Basil Compote

Yields: 2 portions

### Ingredients:

- 3 ounces - Gunther's Gourmet Roasted Garlic & Sundried Tomato Marinade
- 2 ounces - Red Onion - Diced
- 2 ounces - Tomatoes - Seeded and Diced
- 3 each - Basil Leaves - Chopped
- 1/2 teaspoon - Olive Oil
- To Taste - Salt
- To Taste - Pepper



### Method:

1. Marinate the Sea Bass in a zip lock bag for a minimum of 45 minutes in the refrigerator.
2. While Sea Bass is marinating, mix the diced red onions, tomatoes and basil in a small bowl, add olive oil and season with salt and pepper. Cover and refrigerate.
3. Place the marinated Sea Bass on a baking sheet and place on middle oven rack in a pre heated 375 degree oven.
4. Bake for 8-12 minutes or until the sea bass is firm yet still has a bit of spring to it when you touch it. (Cooking time varies depending on the thickness of the fish.)
5. Once it is cooked, place fish on plate and top with the chilled red onion, tomato and basil compote. Garnish with basil leaves.
6. Extra Gunther's Gourmet Roasted Garlic & Sundried Tomato Marinade can be used to paint the plate (see picture) or as a dipping sauce.

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