

Sea Bass with Avocado Salsa



Sirve:

6 servings

Pieza:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
10" Chef's Gourmet Skillet
large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

Chef Sergio Corbia

[Agregar un Comentario](#)

2 pounds
sea bass, cut into 6 pieces
(908
g)
1 teaspoon
salt
(6
g)
1 teaspoon
ground coriander
(2
g)
1 teaspoon
ground cumin
(2
g)
1 teaspoon
paprika
(2
g)
1 teaspoon
onion powder
(2
g)
1 teaspoon
black pepper
(2
g)
1 tablespoon
olive oil
(15
mL)
2 banana leaves
2 cups
water

(480
mL)

Salsa

1
avocado, peeled, seeded and 1
sliced 3
small red onion, sliced, use cone 3
#4 2
mild hot peppers, seeded, deveined, diced or juice of 2
sliced limes
tablespoons olive oil (30 mL) **Preparación :**
tablespoons fresh cilantro, finely (2 g) salt to
chopped taste 1. Mix
all

herbs together, rub fish with oil then seasoning mix, then
refrigerate for at least 30 minutes.

2. Place banana leaves in culinary basket and place fish on
banana leaves.
3. Put water in roaster, culinary basket in roaster, cover and
place heat on medium. When Vapo-Valve™ clicks, reduce
heat to low and cook until fish is done, approximately 15
minutes. Place culinary basket in sink to drain.
4. Combine all salsa ingredients in bowl and chill until ready to
use.
5. Serve sea bass with avocado salsa.

Consejos:

- There are approximately 4 tablespoons (60 mL) in the juice of
2 limes.

Información nutricional por ración

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Calorías: 288
Grasa Total: 13g
Grasa 2g
Saturada:
Colesterol: 80mg
Sodio: 524mg
Carbohidratos: 5g
Fibra 3g
Dietética:
Azúcar: 0g
Proteína: 37g