



Miso Marinated Chilean Sea Bass

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 lb of Chilean sea bass

Marinate:

- 1.5 to 2 Table spoon white miso
- 1 tea spoon lemon juice
- 1 tea spoon honey
- 1 tea spoon fresh medium grinded black pepper
- 2 tea spoon dry sherry wine

Instructions

Mix well the marinate ingredients in a small bowl.

Smear the marinate onto the sea bass and let sit for 30+ minutes.

Heat pan (medium heat) with a table spoon of olive oil.

Heat the marinated sea bass on the heated pan for 2 minutes per side (or longer if it is a thick cut). Close the lid of the pan and let some of the steam to help to cook and keep the fish moist.

Serve over a bed of freshly steamed vegetables (optional).

[Optionally, you can substitute sea bass with rex sole]
