Blackened Sea Bass
with Tropical Salsa

Cooking time: 25–30 minutes

Designed, tested, and approved by Chef Lora Sendik

Let’s Make a Meal® is a restaurant-quality meal that you can make at home. Instead of hunting for a recipe, making a shopping list, and buying a whole jar or bottle when you only need a little, we included exactly what you’ll need to create a meal for two. So grab a glass of wine and start cooking!

Ingredients

- 2 (6 oz) skinless sea bass fillets
- 1 tsp granulated garlic
- 1 tsp dried thyme
- ¼ tsp ground black pepper
- ¼ tsp smoked paprika
- 3 Tbsp unsalted butter
- ¼ cup chopped fresh pineapple
- ¼ cup mango
- ¼ red bell pepper
- ¼ red onion
- 3 cherry tomatoes
- 1 lime
- 2 Tbsp fresh cilantro
- 2 tsp kosher salt
- 1 cup basmati rice

Equipment Needed

- grill or indoor grill pan
- knife
- cutting board
- medium bowl
- small bowl
- saucepan with lid
- microwave safe plate

serves 2
Preheat a grill to medium high heat. Chop the pineapple, mango, red pepper, and red onion into a small dice. Quarter the cherry tomatoes and roughly chop the cilantro.

Place the pineapple, mango, red pepper, red onion, tomatoes, and cilantro in a medium bowl. Cut the lime in half and squeeze the juice over the pineapple mixture. Toss gently to combine.

Pour two cups of water into a saucepan. Add 1 tablespoon of the butter and the rice. Place over high heat and bring to a boil. Cover, lower heat to low, and cook for approximately 10 minutes, or until the rice is cooked through.

In a small bowl, combine the garlic salt, dried thyme, black pepper, and smoked paprika. Place the remaining two tablespoons of butter on a microwave safe plate. Microwave for 30–45 seconds, or until the butter is melted. Dip the fish into the melted butter, evenly coating both sides. Place on a plate and sprinkle with the seasoning mixture.

Spoon the rice onto a serving platter. Top with the grilled fish and then the tropical salsa. Serve immediately.

Show us your finished dish! Post a photo on social media, tag Standard Market (@StandardMarket), and use the hashtag #letsmakeameal.