

Chilean Sea Bass with Orange, Mango, & White Wine Reduction

Cook time: 30 Minutes

Makes 4 servings

Ingredients:

- 4 sea bass fillets
- salt and white pepper to taste
- 1-2 Tbsp. vegetable oil for sautéing
- Orange Mango sauce (see below)
- sliced green onions for garnish

To prepare Sea Bass:

- Preheat oven to 400F
- Season fish with salt and white pepper. In an oven-proof sauté pan over medium high heat, add oil and sauté fish about 1 minute per side, just long enough to lightly brown each side. Transfer pan to oven. Cook for 13-15 minutes until cooked through. Set aside and prepare sauce.

Orange Mango White Wine Reduction:

- 3/4 cup Simply Orange Mango juice blend
- zest of half of one orange
- 1/2 cup white wine
- 2 tsp. minced shallots
- 1 stick unsalted butter

Preparation:

- Zest half of one orange (about 2 tsp.) Add the juice, zest, white wine, and shallots to a saucepan on medium high heat. Cook until it is syrupy and reduced to almost nothing, stirring occasionally.
- On low heat, add in the butter 1 tablespoon at a time, whisking vigorously. Whisk continuously to achieve a silky texture. Do not let sauce boil.
- To serve: Drizzle orange sauce over the bottom of the plate. Add sea bass and rice on the side. Drizzle more sauce on top of fillet. Garnish with sliced green onions.