

RECIPE
FOR

SEABASS WITH MACHA ORIGINAL



INGREDIENTS



GLUTEN FREE

SERVE 2

- 2 Seabass fillets
- 2 tbsp Oil
- 3 tablespoons **CASAZUL MACHA ORIGINAL**
- 1 Onion chopped
- Asparagus
- Lime wedges, to serve
- 1/2 diced Mango
- 200g fresh chopped Tomatoes

METHOD





SCAN ME

- In a frying pan, add the oil from the **CASAZUL MACHA ORIGINAL** and fry the onion for 2 mins then set it aside.
- Season the skin of the sea bass, then place in the pan skin-side down.
- Fry until the skin has crisped up and the flesh has turned almost opaque (approx 3 mins).
- Flip over and add 1 tbsp of **CASAZUL MACHA ORIGINAL**
- Add the tomato and pinch of salt .
- In another pan cook off the asparagus in oil for 5 mins or until bright green and tender.
- Add the mango and cook for few minutes with a pinch of salt.
- Serve the fish , topped with the asparagus and mango.
- SERVING SUGGESTION: Add a side salad, **CASAZUL RICE** or steamed vegetables .



Buen provecho!

COOKING
With Gabriel

Please check labels for
allergen information

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www.casazul.co.uk
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