

# RECIPE CARD

## RECIPE NAME

Black Sea Bass with Citrus-Olive Caper Sauce

## ABOUT THIS RECIPE

This Mediterranean-inspired meal serves four people and is a great summer dish.

## INGREDIENTS

- Eight sea bass fillets, about five ounces each
- Three tablespoons of olive oil (divided)
- One teaspoon of salt (divided)
- 1/2 teaspoon of freshly ground black pepper (divided)
- Two lemons, cut into halves, peeled, and thinly sliced.
- Two tablespoons of chopped, fresh, oregano,
- Two tablespoons of capers
- 3/4 cup of pitted kalmata olives roughly chopped

## PROCEDURE

1. Start by coating the salmon in olive oil, then season with salt and pepper.
2. Lightly sear the salmon in the pan and then remove.
3. Add the rest of the ingredients to the pan with the salmon and cook for 12-15 minutes.
4. Serve and enjoy!

