



Pan fried Sea Bass & Vegetable Orzo

Not only is orzo unusual, it's a wonderful alternative to the normal carbohydrates. Orzo is an Italian dried pasta. Each piece of the pasta is the size and shape of an unprocessed grain of barley, which is what "orzo" means in Italian, "barley." In Italy, orzo is frequently used in soups and risottos in place of arborio rice. Here we flavour it with lemon and red onion.

Ingredients

- Sea Bass Fillet
- Spinach
- Red Onion
- Lemon
- Orzo

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 318 kcal
Carbohydrates: 41 g
Protein: 31 g
Fat: 4 g

Allergens


[Fish \(Sea Bass\)](#)
[Wheat \(Orzo\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Cook the orzo

Bring a pot of salted water to the boil. Add the orzo and cook for 8-10 minutes. While the orzo is cooking move on to the next step. Once the orzo is cooked, drain it and set aside.

2) Prepare the onion & sea bass

Peel and dice the onion into small pieces. Score the skin side of the sea bass with a sharp knife.

3) Cook the onion

In a pan, with a little oil, over a medium heat cook down the onion for 2-3 minutes. Add the cooked onion to the orzo.

4) Fry the sea bas

In the same pan, fry the sea bass skin side down for 2 minutes. Turn it over and cook for 1 minute on the other side. Once the fish is cooked, remove it from the pan and keep warm.

5) Add the orzo to the pan

Add the orzo back into the pan to soak up all the pan flavours.

6) Add the spinach

Add the spinach into the pan and stir it through the orzo, allowing it to wilt down slightly. Season with salt and pepper.

7) Finish the dish

Squeeze some lemon juice over the orzo & fish. Serve and enjoy!



Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**