



## Crispy Sea Bass With Iona Farm Thai Style Radish Salad

Crispy sea bass served over fluffy steamed rice, paired with a zesty Thai-inspired salad made with fresh radishes from Iona Fruit Farm, cucumber, spring onion, and fragrant herbs. Finished with a punchy lime, soy, and fish sauce dressing—light, vibrant, and full of flavour.

### Nutritional Info

Calories: 434 kcal  
Carbohydrates: 65g  
Protein: 31g  
Fat: 10g

### Ingredients

- Sea bass fillet
- Spring onions
- Herb Mix
- Coriander & Mint
- Jasmine Rice
- Lime
- Mini cucumbers
- Brown sugar
- Garlic clove
- Radishes
- Sauce Mix
  - Soy Sauce
  - Fish sauce

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens


[Wheat \(Soy Sauce\)](#)  
[Fish \(Sea bass, Fish Sauce\)](#)  
[Soy \(Soy Sauce\)](#)

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 rice

Place the rice and 100ml of cold water per person into a saucepan and place without a lid, on medium to high heat. Bring to a rapid simmer then turn down the heat until just simmering and place the lid on. Cook for 12 minutes or until the water has all been absorbed. While the rice is cooking.....

### 2) Make the salad dressing

Combine the sauce mix (soy sauce & fish sauce), brown sugar, and 1 tablespoon of lime juice per person into a bowl. Mix well until all the sugar has dissolved then peel the garlic and grate a little into the dressing mix.

### 3) Make the salad

Remove the tips of the radishes and discard. Finely slice the radishes, cucumbers, and spring onions. Finely chop the mint leaves and coriander. Combine together in a bowl with half the dressing and set aside.

### 4) Cook the sea bass

Season the sea bass with salt and pepper on both sides. Place a frying pan on a high heat with a drizzle of olive oil until hot. Lay the fish skin side down into the pan. Cook for 3-4 minutes (don't move it around the pan) then flip it over and cook for a further 2-3 minutes or until cooked (the middle flesh should be white and flake apart, not meaty and pink/transparent).

### 5) Serve the dish

Plate the rice and serve the salad alongside. Lay the sea bass on top. You can drizzle some of the leftover dressing over the fish and rice if you would like a little extra flavour! Enjoy!



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