

Sea Bass with Chorizo & Tomato Ragu

A great dish for white fish fillets, the chorizo adds an extra flavour and you can choose to use spicy or mild chorizo.

2 fillets seabass

1 large tomato – finely chopped

5cm piece of chorizo sausage – cut into small dice

1 small gherkin – finely chopped

1 tsp capers

1 tsp Worcester sauce

1 tsp oil

Squeeze of lemon juice



1. Make the sauce – fry the chorizo until the oil releases, then add the chopped tomato, capers, gherkin, lemon juice and Worcester sauce. Simmer for a few minutes until the tomato has softened and turned juicy. Add a little extra water if the sauce goes too dry. Set aside and keep warm.
2. Cook the fish – Pat dry with kitchen paper and season each side with salt & pepper. Slash the fish skin a couple of times diagonally. Heat a small frying pan to hot and add the teaspoon of oil. When the oil is just starting to smoke, add the fish skin side up and cook for about 1 ½ minutes. Don't be tempted to move it around, just let it cook! The fish flesh will start to go opaque around the edges. Turn and cook for a further 1 to 1 ½ minutes.
3. To serve, put a spoonful of sauce on a plate and place the fish on top of the sauce.

Hints, Tips and Variations

Wheat, dairy & gluten free

Make a double batch of sauce and use it with pasta or chicken.

Make this dish with any fish – salmon, haddock, hake, halibut, tuna, etc.

Make this dish vegetarian by swapping the chorizo for red pepper or extra tomato and using a baked potato, baked aubergine halves or grilled Portobello mushroom instead of fish.