

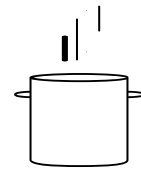


Agave Dark and Rich Soy Glazed Sea Bass with Asian Greens

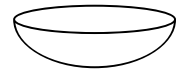
Mark Sargent's rich glazed sea bass is an easy mid-week meal or great to prepare for lunch the next day.



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Ingredients

For the glaze:

6 tbsp soy sauce

3 tbsp The Groovy Food Company Agave Nectar Rich and Dark

3 tsp rice vinegar

1 ½ tble cold water

1 ½ tsp corn flour

4 x 135–150g sea bass fillets

For the Asian Greens:

Vegetable oil

2cm piece ginger, sliced

1 garlic clove, sliced

250g mixed greens: pak choi (bok choy), sprouting

Directions

1. Mix soy sauce, The Groovy Food Company Agave Nectar Rich and Dark and rice vinegar in a small saucepan.
2. Mix the water and corn flour in small bowl until smooth.
3. Add to soy sauce mixture.
4. Stir mixture over medium heat until glaze boils and thickens slightly, this should take about 2 minutes.
5. Remove from heat.
6. Cool glaze to room temperature.
7. Preheat oven to 220°C.
8. Arrange fish on a small non-stick baking sheet then brush with some of glaze.
9. Bake until opaque in center for about 15 minutes.

broccoli, kale (trimmed and halved if large)

2 tbsp stock (or water)

Sesame oil

Soy sauce

10. Remove from oven.
11. Bring remaining glaze to boil and spoon glaze over fish.
12. Heat a little oil in a wok or large frying pan and add the ginger, chilli and garlic and cook for 1 minute.
13. Throw in the thicker stemmed greens and cook for a minute, add the rest of the greens and the stock and put a lid on.
14. Cook for 2 minutes or until tender then take off the lid and add a splash each of sesame oil and soy sauce.
15. Taste and add more if you like then serve with The Groovy Food Company Agave Nectar Rich and Dark glazed sea bass.