

## Sea Bass with Avocado Salsa



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Roaster with Cover  
6 Qt. (5.6L) Culinary Basket  
10" Chef's Gourmet Skillet  
large mixing bowl

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### Contributed By:

Chef Sergio Corbia

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2

pounds

sea bass, cut into 6 pieces

(908

g)

1

teaspoon

salt

(6

g)

1

teaspoon

ground coriander

(2

g)

1

teaspoon

ground cumin

(2

g)  
1  
teaspoon  
paprika  
(2  
g)  
1  
teaspoon  
onion powder  
(2  
g)  
1  
teaspoon  
black pepper  
(2  
g)  
1  
tablespoon  
olive oil  
(15  
mL)  
2  
banana leaves  
2  
cups  
water  
(480  
mL)

### **Salsa**

1  
avocado, peeled, seeded and sliced  
1  
small red onion, sliced, use cone #4  
3  
mild hot peppers, seeded, deveined, diced or sliced  
juice of 2 limes  
3  
tablespoons  
olive oil  
(30  
mL)  
2  
tablespoons  
fresh cilantro, finely chopped  
(2  
g)  
salt to taste

## Directions:

1. Mix all herbs together, rub fish with oil then seasoning mix, then refrigerate for at least 30 minutes.
2. Place banana leaves in culinary basket and place fish on banana leaves.
3. Put water in roaster, culinary basket in roaster, cover and place heat on medium. When Vapo-Valve? clicks, reduce heat to low and cook until fish is done, approximately 15 minutes. Place culinary basket in sink to drain.
4. Combine all salsa ingredients in bowl and chill until ready to use.
5. Serve sea bass with avocado salsa.

## Tips:

- There are approximately 4 tablespoons (60 mL) in the juice of 2 limes.

### Nutritional Information per Serving

**Calories:**

288

**Total Fat:**

13g

**Saturated Fat:**

2g

**Cholesterol:**

80mg

**Sodium:**

524mg

**Total Carbs:**

5g

**Dietary Fiber:**

3g

**Sugar:**

0g

**Protein:**

37g