

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

Rate ★★☆☆☆

Recipe:

Contributed By:

Chef Sergio Corbia

[Write a Review](#)

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 1
sliced 3
small red onion, sliced, use cone 3
#4 2
mild hot peppers, seeded, deveined, diced or juice of 2
sliced limes
tablespoons olive oil (30 mL) **Directions:**
tablespoons fresh cilantro, finely (2 g) salt to
chopped taste 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 5g
Carbs:
Dietary Fiber: 3g
Sugar: 0g
Protein: 37g