

## Sea Bass with Ginger, Mushrooms & Asparagus



### Makes:

2 servings

### Utensil:

1 Qt./9 L Sauce Pan with Cover  
3 Qt./2.8 L Sauce Pan with Cover  
2.5 Qt. (1.49L) Culinary Basket

**Rate** ★★★★★

### Recipe:

### Contributed By:

Chef Sergio Corbia  
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### Recipe Description:

An easy seafood recipe that is sure to delight the palate.

**Watch** Chef Sergio prepare this one-dish meal.

1 sea bass fillet (approximately 6 ounces), skin removed  
1/2 teaspoon salt  
(3 g)  
1/2 teaspoon black pepper  
(1 g)  
pinch of cayenne pepper  
1/4 cup ginger root, sliced, use Cone #4, divided  
(24 g)  
2 cups mushrooms, sliced, use Cone #4  
(140 g)  
2 cups asparagus, cut into 2-inch pieces  
(268 g)  
1 1/2 cups water  
(500 mL)  
1 tablespoon sesame oil  
(15 mL)  
1/2 cup

soy sauce, low sodium  
(240  
mL)  
4 tablespoons  
cilantro, chopped  
(4  
g)  
8 scallions, sliced diagonally

**Directions:**

1. Rinse sea bass and sprinkle with salt, pepper and cayenne pepper.
2. Line culinary basket with parchment paper and place fillet on paper. Top with  $\frac{1}{2}$  of ginger slices. cover with mushrooms, asparagus and remaining ginger.
3. Place water in 3 Qt./2.8 L Sauce Pan and place culinary basket in pan and cover. Set heat on medium. When Vapo-Valve™ clicks, reduce heat to low and cook until done, approximately 10 - 12 minutes. When done, move pan to sink, remove culinary basket and drain in sink.
4. Meanwhile, in 1 Qt./9 L Sauce Pan over medium heat, heat oil and soy sauce for 1 - 2 minutes.
5. Cut fillet in half and plate fish. Top with cilantro and scallions. Drizzle sesame oil-soy sauce over fish and surround with mushrooms and asparagus.

**Tips:**

- Can use extra ginger for taste.
- Can substitute Bragg Liquid Amino in place of soy sauce.

Nutritional Information per

▼ Serving

**Calories:** 275  
**Total Fat:** 10g  
**Saturated Fat:** 2g  
**Cholesterol:** 45mg  
**Sodium:** 2810mg  
**Total** 20g  
**Carbs:**  
**Dietary Fiber:** 6g  
**Sugar:** 6g  
**Protein:** 30g