

Mother's Day

RECIPE

SEABASS

Smoked Miso, Asparagus, Peas, Lemon
(Serves 4) EASY ★☆☆☆ TIME: 50mins



INGREDIENTS

Seabass Fillets	4 pcs
Smoked Miso Premix	300gm
Asparagus, trimmed	16 pcs
Green Peas	300gm
Water	1 litre
Salt, to taste	
Lemon	2 pcs
Olive Oil	
Unsalted Butter	40gm
Aquaponics Herbs	160gm

METHOD

1. Preheat oven to 200°C.
2. Marinate seabass fillets with smoked miso premix and set aside in fridge for 30 minutes.
3. Peel lemon and slice skin thinly. Cut lemon into wedges.
4. Boil water and salt. Blanch asparagus for 2 minutes then cool down immediately with ice water. Drain and set aside.
5. Bake seabass for 8 minutes. Heat olive oil in a pan on medium high heat. Add in asparagus and green peas. Season with salt, butter, lemon peel and juice. Transfer fish and vegetables to plate.
6. Garnish with aquaponics herbs and serve with lemon wedge on the side.




*Fresh from our
Farm to your Home*

The Aquaponics herbs are 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

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