




CHEFS
SELECTIONS
*Premium
Collection*
BY CATERFORCE

ONE PRODUCT,
THREE WAYS
Sea Bass Fillets




**CHEFS
SELECTIONS**
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FENNEL, TOMATO & BLACK OLIVE

Sea Bass Parcels

SERVES: 4 PREP TIME: 10 MINUTES COOK TIME: 12 MINUTES

INGREDIENTS

- 200g fennel, sliced as thinly as possible
- 200g cherry tomatoes, halved
- 8g fennel seeds
- 120g pitted black olives, drained
- 2 garlic cloves, peeled and thinly sliced
- 100g butter, cut into 25g portions
- 2 lemons, halved
- 4 Chefs' Selections Premium Collection Sea Bass Fillets (frozen)
- 60g (4 tbsp) olive oil
- Salt and freshly ground black pepper
- 4 sheets baking parchment, approx. 50cm square
- Kitchen string for tying parcels

METHOD

1. Preheat the oven to 180°C (fan).
2. Lay the 4 sheets of baking parchment on a clean work surface.
3. Fold the sides of each sheet upwards and tie both ends with string to create a pouch.
4. Divide the fennel and cherry tomatoes equally between the 4 parchment pouches, placing them in the centre.
5. Sprinkle over the fennel seeds, then add the olives and sliced garlic, sharing them evenly between all 4 portions.
6. Add a 25g piece of butter to each pouch. Squeeze the juice of the lemons over the vegetables, dividing evenly between the parcels.
7. Season the vegetables lightly with salt and pepper.
8. Place one frozen sea bass fillet, skin-side down, on top of each vegetable base.
9. Drizzle each fillet with olive oil and finish with a little extra salt and freshly ground black pepper.
10. Bring the parchment up around the fish to close, and secure if needed so steam is trapped inside.
11. Place all four parcels onto a baking tray.
12. Bake at 180°C for approximately 12 minutes, or until the core temperature of the fish reaches 75°C and the flesh is opaque and flakes easily.

Service tip:

Serve the parcels still wrapped for theatre, allowing guests to open at the table, or open in the kitchen and plate with the cooking juices over new potatoes or grilled sourdough.




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KALE, LEMON & GARLIC

Sea Bass Parcels

SERVES: 4 PREP TIME: 10 MINUTES COOK TIME: 12 MINUTES

INGREDIENTS

- 300g kale, thick stalks removed and roughly chopped
- 4 garlic cloves, peeled and thinly sliced
- 2 lemons, halved
- 100g butter, cut into 25g portions
- 4 Chefs' Selections Premium Collection Sea Bass Fillets (frozen)
- 60g (4 tbsp) olive oil
- Salt and freshly ground black pepper
- 4 sheets baking parchment, approx. 50cm square
- Kitchen string for tying parcels

METHOD

1. Preheat the oven to 180°C (fan).
2. Lay the 4 sheets of baking parchment on a clean work surface.
3. Fold the sides of each sheet upwards and tie both ends with string to create a pouch.
4. Divide the chopped kale into 4 equal portions and place in the centre of each parchment pouch.
5. Scatter the sliced garlic evenly over the kale.
6. Squeeze half a lemon over each portion of kale.
7. Season the kale lightly with salt and freshly ground black pepper.
8. Place a 25g piece of butter on top of the kale in each pouch.
9. Lay one frozen sea bass fillet, skin-side down, on top of the butter and kale in each parcel.
10. Drizzle with olive oil and season the fish lightly with salt and pepper.
11. Fold the parchment around the fish to close the parcels securely.
12. Arrange all four parcels on a baking tray.
13. Bake at 180°C for around 12 minutes, or until the core temperature of the fish reaches 75°C and the flesh is cooked through and flakes easily.

Service tip:

This works well as a lighter main course for lunch menus or care and education settings. Serve with steamed potatoes, barley or a grain salad to absorb the lemon-garlic cooking juices.



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THAI-STYLE

Sea Bass Parcels

SERVES: 4 PREP TIME: 10 MINUTES COOK TIME: 12 MINUTES

INGREDIENTS

- 120g baby corn, halved lengthways
- 200g Tenderstem broccoli
- 1 large red chilli, thinly sliced
- 100g fresh root ginger, peeled and thinly sliced
- 4 garlic cloves, peeled and thinly sliced
- 4 tbsp light soy sauce
- 400ml coconut milk (approx. 100ml per parcel)
- 2 limes, halved
- 4 Chefs' Selections Premium Collection Sea Bass Fillets (frozen)
- 60g (4 tbsp) olive oil (or neutral cooking oil)
- Salt and freshly ground black pepper (use sparingly due to soy sauce)
- 4 sheets baking parchment, approx. 50cm square
- Kitchen string for tying parcels

METHOD

1. Preheat the oven to 180°C (fan).
2. Lay the 4 sheets of baking parchment on a clean work surface.
3. Fold the sides of each sheet upwards and tie both ends with string to create a pouch.
4. Divide the baby corn and Tenderstem broccoli between the 4 parchment pouches.
5. Add the sliced chilli, ginger and garlic, sharing evenly between all portions.
6. Spoon 1 tbsp of light soy sauce into each parcel.
7. Divide the coconut milk between the pouches, approximately 100ml per portion.
8. Squeeze half a lime over each parcel.
9. Place one frozen sea bass fillet, skin-side down, on top of the vegetables in each pouch.
10. Drizzle with the oil and season lightly with black pepper (and a touch of salt if needed, as the soy is already salty).
11. Fold the parchment around the fish to close the parcels securely.
12. Arrange all four parcels on a baking tray.
13. Bake at 180°C for about 12 minutes, or until the core temperature of the fish reaches 75°C and the flesh is just cooked and flakes easily.

Service tip:

Serve in the parchment with steamed jasmine rice or noodles. The coconut-lime cooking liquor makes a ready-made sauce, keeping the dish labour light but full of flavour.