

# Sea Bass Fillet

## INGREDIENTS FOR 1 PERSON

- 2 sea bass fillets.
- 1 clove of garlic.
- 2 teaspoons of extra virgin olive oil.
- Some chopped parsley.
- Iodized salt to taste.

## VEGETABLE INGREDIENTS

- 40 gr of green beans.
- 40 gr of carrots.
- 40 gr of zucchini.
- 2 teaspoons of olive oil.
- Iodized salt to taste.

## PROCEDURE

- Pour water into a pot; if desired, flavor with green peppercorns and bring to a boil.
- Meanwhile, prepare the vegetables by cutting carrots and zucchini into sticks or rounds.
- Place green beans and carrots in the steamer basket, cook for about 5/8 minutes, add zucchini, and cook for another 5 minutes. Check for doneness with a fork.
- Once the vegetables are cooked, remove them from the steamer and, in their place, arrange the sea bass fillets. Cook covered for 10/12 minutes.
- Once cooked, place the fish together with the vegetables on a plate and season with extra virgin olive oil, lemon, chopped parsley, and iodized salt to taste.