

Pan Roasted Sea Bass with Portobello Mushrooms Ingredients

- 1 lb [sea bass](#), 1 inch thick steak or fillet
- 3 large [Portobello mushrooms](#)
- 1/2 c red onion, finely chopped
- 2-3 T olive oil
- 1 t butter
- 1/4 c red wine (or white)
- sea salt
- freshly ground black pepper
- 2 T chopped parsley

Preheat oven on roast to 420 degrees. Heat 1-2 T olive oil on high in a large, heavy, oven proof skillet. Cook onion for about 5 minutes on medium-low, until translucent. Add mushrooms, cooking on medium for about 5 minutes. Add wine, butter, salt and pepper, cooking until mushrooms taste done. Place mushrooms around the perimeter of a plate.

Season fish on both sides with salt and pepper. Heat 1 tablespoon of olive oil in the same skillet. Sear the fish on 1 side for about 5 minutes.

Flip the fish, cooking the second side for 1 minute, then place the pan into the preheated oven, cooking through for about 5 more minutes, or until the fish flakes. Gently remove skin and bones. Serve the fish surrounded by the mushrooms, garnishing with parsley. Goes well with [Spinach, Watermelon, Strawberry Salad](#) and a baked potato.