



# Sea bream fillet with white bean mash

25'  
Hands on

12 hours'  
Hands off

60'  
Cook Time

2  
Portion(s)

1  
Difficulty



## Ingredients

- 300 g gilthead seabream, fillet
- 1 tablespoon(s) olive oil
- salt
- pepper

For the white bean mash

- 500 g beans, medium
- lemon juice, of 1/2 lemon
- salt
- pepper
- 50 g olive oil
- 100 g tahini
- 1 teaspoon(s) cumin
- 1/2 clove(s) of garlic

To serve

- [basil oil](#)
- rocket
- pepper
- lemon

## Method

- Add the beans into a bowl, cover them with water, and add salt. Let them soak for 12 hours.
- Drain them, rinse them well, and transfer the beans to a pot. Add water and boil them over medium heat for 1 hour.
- Score the fish, skin-side, and add the olive oil, salt, and pepper.
- If you don't have a steamer, place a pot over medium-high heat and put a cooking ring in it. Add water up to the ring's height and put a plate -sprayed with cooking spray- on top of it.
- Put the fillets on the plate and cover the pot with a lid. Cook them for 4-5 minutes.

For the white bean mash

- Drain the beans and keep the water.
- Transfer the beans to a food processor and add salt, pepper, the lemon juice, the olive oil, the tahini, the cumin, and the garlic.
- Process well until the ingredients are homogenized. If the mash is too thick, you can thin it with a little of the water you set aside.
- Serve the fillets and the mash with basil oil, rocket, pepper, and lemon slices.

## Διατροφικός πίνακας

Nutrition information per portion

374 Calories (kcal)	18.0 Total Fat (g)	2.9 Saturated Fat (g)	18.0 Total Carbs (g)
19%	26%	15%	7%
1.5 Sugars (g)	30.0 Protein (g)	8.4 Fibre (g)	0.78 Sodium (g)
2%	60%	34%	13%