**Main course**

**Seared Chilean Sea Bass with Butternut Squash, Spinach Risotto**

**BLUEBERRY SAUCE**

**Ingredients**

1 each 6oz fresh clean Sea Bass

1 ½ cup fresh or frozen blueberries (sauce)

¼ cup Julianne shallots

3 tablespoon olive oil

2 tablespoon balsamic vinegar

1 teaspoon fresh ginger

Lemon peel

Cooking spray

½ teaspoon black pepper

**Directions**

Thaw fish and blueberries, if frozen. For blueberry sauce, cook and stir shallots and garlic in a small saucepan in hot oil about 3 minutes or until softened. Add the blueberries, vinegar, brown sugar, ginger, and lemon peel. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until sauce has thickened and reduced to 1 cup, blend together with a hand mixer

Meanwhile, rinse and dried the Sea Bass; pat dry with paper towels. Lightly coat the Sea Bass with cooking spray; sprinkle with pepper. Measure thickness of the fish, Seared on a hot sautéed pan, turning few minutes and finished in the oven about 4 to 6 minutes

**Risotto**

½ cup Arborio rice

¼ cup onions

3 each bay leaves

1 cup White wine

Hot water

¼ cup diced butternut squash (fresh)

Fresh spinach leaves

1 teaspoon unsalted butter

**Directions**

Heat the pan

Add oil

Add Arborio rice, stir foe few minutes 5 to 6

Add bay leaves, slow add wine reduce the heat

Add water stir for about 20 minutes, taste for soft texture

Blanch for few minutes the butternut squash, add to the risotto then add the fresh spinach, stir together

Center the Risotto in the middle of the plates, add the fish on top add the sauce around and finished with some fresh blueberries

Nutrition Facts

Serving 1

Sodium 485.5 mg.

Sugar 19g