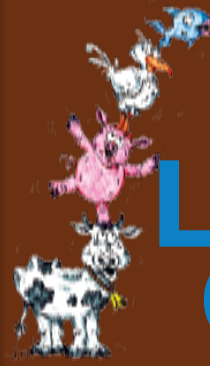


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**Lean
On
Me**



Entree Cost: \$6.01
Min. Selling Price: \$15.99
Profit: \$9.98

Recipe on back →

Pan Roasted Chilean Sea Bass

Pan Roasted Chilean Sea Bass

Wait staff description:

This evening we are featuring a wild caught Chilean Sea Bass, served with orzo Toscano, green beans and a Caribbean Mango sauce.

COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$15.99	\$15.99	
COST:	\$6.01	\$6.01	37.60
PROFIT:	\$9.98	\$9.98	62.40

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
5722760	BASS SEA CHILEAN SKLS 6 OZ	PRIMSEL	1	1.00	EA	\$4.58	\$4.58
5760545	PASTA ORZO TOSCANO	SIMPLOT	2	4.00	OZ	\$0.22	\$0.87
7166921	SAUCE MANGO CARRIBBEAN	SCHLTTR	3	2.00	OZ	\$0.17	\$0.35
2266294	*BEAN GREEN FRENCH CUT IQF	SYS CLS	4	3.00	OZ	\$0.07	\$0.21

Directions

1. Heat a large non stick saute pan over medium heat. Brush the sea bass with olive oil, season with salt and pepper to taste.
2. Pan saute until golden brown, turn fish and place in a 350* oven for 4 minutes.
3. Prepare the orzo according to package directions, reserve and keep warm.
4. Blanch the green beans and keep warm.
5. Place the orzo in the center of the plate, top with the sea bass and garnish with the green beans and the warm Caribbean mango sauce.

Chef's Suggestions

This sea bass is also available in an 8 oz. portion [SUPC# 5722812](#), our refreshed had-dock [SUPC # 5270947](#) would also make a great presentation. Try coating the sea bass with almonds, [SUPC # 5963848](#) and finish as directed.

