

Chilean Sea Bass with Avocado Salsa

A STUNNING PAIRING WITH CHILE'S CARMÉNÈRE MALBEC

Delicate sea bass, kissed with citrus and paired with velvety avocado salsa, meets its match in a Carménère Malbec of quiet intensity—layered, savoury, and lingering like a well-kept secret.



CHEF & SOMMELIER'S TIP:

Serve the sea bass slightly warm, not too hot, to allow the wine's flavours to interact perfectly with the dish. A lightly chilled Carménère Malbec enhances the overall pairing, letting the freshness of the salsa pop while still providing the depth needed to balance the fish's richness.

Carménère Malbec

RELEASE DATE *March 2026*

oak: *heavy* body: *full*
sweetness: *dry* alcohol: *14%*
tasting notes: *Deep plum and roasted pepper meet a core of licorice and cherry. Savoury and layered, with fine tannins and a whisper of leather that lingers on the finish.*



SERVINGS: 4
PREP TIME: 15 minutes
COOK TIME: 10 minutes

INGREDIENTS LIST

SEA BASS:

- 4 Chilean sea bass fillets (about 6 oz each)
- 2 tbsp olive oil
- 1 tbsp garlic, minced
- 1 tbsp fresh thyme leaves
- Salt and pepper to taste
- 1 tbsp lime juice

AVOCADO SALSA:

- 1 ripe avocado, diced
- ¼ cup red onion, finely chopped
- 1 small tomato, diced
- 1 tbsp cilantro, chopped
- 1 tbsp lime juice
- Salt and pepper to taste
- 1 tbsp pomegranate seeds (optional for added texture and color)

STEP-BY-STEP INSTRUCTIONS

1. PREPARE THE FISH:

In a large skillet, heat olive oil over medium-high heat. Season the sea bass fillets with salt, pepper, garlic, and fresh thyme. Sear the fillets for 3-4 minutes per side, or until golden. Drizzle the lime juice over the fish while it's cooking for extra flavour.

2. MAKE THE SALSA:

In a small bowl, gently combine the diced avocado, red onion, tomato, cilantro, lime juice, and pomegranate seeds (if using). Season with salt and pepper to taste.

3. SERVE:

Place sea bass on plates and spoon the avocado salsa on top or beside the fish. This dish is light and fresh, perfectly complemented by the smooth, fruity notes of Carménère Malbec.