

Chilean Sea Bass with Mango Puree

Poach bass in chicken stock, with a few tablespoons of soy, and a dash or two of rice vinegar, chopped green onions (including part of green) and chopped.

Simmer until fish flakes with a fork. Does not take long for this fish.

Mango Puree

1 cup ripe mango, peeled and chopped

2 T. Fage (Greek Yogurt - non-fat)

1 T. minced ginger

1 T. minced green onion

4 sprigs cilantro

Juice of 1/2 lime

1 t. siracha or hot sauce

This recipe adapted from "Cuisine at Home" magazine, as I added and changed a few things.

- Amy, <http://dinnerchicks.wordpress.com/2012/02/21/aruba-escape-a...s-january-2012/>