

# Fish Florentine

Cook Time 20 minutes

Servings 4



## Ingredients

- ¾ lb Chilean sea bass (any firm white fish will do)
- 1 TBSP extra virgin olive oil
- 1 1/2 TBSP salted butter
- 1 cup red bell pepper chopped
- 2 cloves garlic minced
- 9 oz. fresh baby spinach, from two bags
- 2 oz. cream cheese
- ¼ cup half & half cream
- 3 TBSP grated parmesan cheese
- Kosher salt
- Fresh cracked pepper

## Basting Oil

½ cup avocado oil

2 cloves of garlic

2 green onions, sliced

## Instructions

1. Over medium heat add 1/2 tablespoon of olive oil and 1/2 tablespoon of butter and heat until melted. Add red bell pepper and sauté for about 30 seconds. Add garlic and cook for 4 minutes.
2. Add spinach and season with a pinch of salt and pepper stirring until the spinach is wilted.
3. Add cream cheese, half & half and parmesan cheese mix well until cream cheese is melted. Set aside.
4. Mix in a separate small bowl avocado oil, garlic cloves and sliced green onions. Set aside.
5. Add remaining oil and butter to a separate skillet.
6. Season fish on both sides with salt and pepper and add fish skin side down to sizzling hot skillet.
7. Cook for 3 minutes on first side and flip fish over and add butter and basting oil. Tilting the skillet baste both sides of the fish with basting oil until you achieve a golden crust.
8. Divide the creamed spinach to each plate and top with fish.

Gluten-free / Keto / Low-Carb