

Baked Sea Bass with Fennel, Olives & Capers

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This deeply flavoured dish looks impressive and tastes even better, but it's a lot easier to make than you might think. Serve with crisp rosemary roasted potatoes for a wonderful main course.

Ingredients:

4 x 175g sea bass fillets, skinned and boned
1 fennel bulb
2 shallots
Juice of 1 lemon
2 tbsp. capers, drained
2 tbsp. black pitted olives
1 garlic clove
150ml white paprika
Pinch each salt, pepper and paprika

Directions:

1. Heat the oven to 220C. Trim the fennel and thinly slice it. Arrange in the bottom of an oven dish. Thinly slice the shallots and arrange these on top of the fennel. Add the fish, paprika, salt and pepper.
2. Squeeze the juice over the fish. Thinly slice the olives and the garlic clove and scatter over the fish along with the capers.
3. Pour the wine into the dish. Cover with foil and bake for 20 minutes, until the fish flakes.

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