

# Fennel Seed Sea Bass

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*Fennel seed is a wonderful dried herb - it has a unique, aniseed flavour and works well with all sorts of meat and fish. In this recipe, sea bass is seasoned with fennel seed and chilli powder for a delicious dinner that takes hardly any time to prepare - but it tastes fantastic. Serve with sweet potato wedges or creamy mashed potato.*

## **Ingredients:**

2 sea bass fillets, skin on, skinned and boned  
1 tsp. crushed fennel seeds  
Pinch each salt, pepper and chilli powder  
1 tbsp. olive oil

## **Directions:**

1. Rub the fish all over with the oil. Season on either side with the fennel seed, salt, pepper and chilli, making sure to coat the fish in the seasonings.
2. Bake the fish for 5-8 minutes in a 200C oven, until gently flaking.

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