

Parsley and Lemon Crusted Sea Bass

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Got a bit of old stale bread that you don't quite know what to do with? Blitz into breadcrumbs, combine with lemon juice, seasoning and parsley and use as a lovely crust for fresh sea bass fillets. Add parmesan cheese for a bit of extra flavour.

Ingredients:

2 x 175g sea bass fillets, skinned and boned
1 thick slice stale bread
Zest of one lemon
1 bunch of parsley
Salt and pepper
1 tbsp. olive oil

Directions:

1. Blitz the bread in a blender with the lemon zest, parsley and salt and pepper.
2. Brush the sea bass fillets with the oil. Press the breadcrumb mixture onto the fish fillets. Place onto a baking tray, roast at 170C and cook for 10-12 minutes until golden brown and flaking.

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