

Sea Bass with Baked Veggies and Mediterranean Sauce

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Whole sea bass is baked on top of red peppers, yellow peppers, tomatoes and garlic - imparting bags of flavour into the fish. The fish is then served on half the veggies, whilst the rest are blended into a sauce with the balsamic vinegar. Simple cooking with huge rewards.

Ingredients:

2 x 1kg whole sea bass, gutted, cleaned and boned (if desired)
4 red peppers
4 tomatoes
2 red onions
2 yellow pepper
2 lemons
Olive oil
2 handfuls fresh thyme
2 tbsp. balsamic vinegar
4 large garlic cloves
Salt and pepper

Directions:

1. Peel and slice the red onion into wedges. Deseed the peppers and chop them into chunks. Dice the tomatoes.
2. Heat the oven to 220C. Lay the peppers, tomatoes, red onion and garlic cloves in a roasting tin, toss with oil, salt and pepper and roast for 20 minutes.
3. Meanwhile, slice the lemons. Slash the fish and stuff with fresh herbs. Stuff the inside of the fish with lemon, herbs, salt and pepper. Place on top of the veggies, drizzle with a bit of oil and bake for 20-25 minutes until flaking easily.
4. Lift the fish from the veggies. Put half of them onto your serving plates. Lay the fish on top. Blitz the rest of the veggies in a blender with the vinegar and salt and pepper to taste, then pour over the fish to serve.

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