

Sea Bass with Tomatoes, Olives & Pine Nuts

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A lovely Italian-style dish, this is an excellent way to jazz up sea bass. Serve with warm bread to mop up all the juices, and add a little balsamic vinegar if you like for extra flavour.

Ingredients:

4 x 175g sea bass fillets, skinned and boned
500g cherry tomatoes
50g pitted black olives
Handful fresh basil leaves
25g pine nuts
Salt and pepper

Directions:

1. Preheat oven to 180C. Place the fish fillets into a baking tray.
2. Chop the tomatoes in half, scatter around the fish. Slice the olives in half then scatter the olives over the tomatoes. Sprinkle with half the basil leaves and the fresh pine nuts.
3. Bake for 12-15 minutes until flaking gently, then sprinkle the dish with the rest of the basil leaves. Serve.

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