

Name**BAKED SEA BASS****Details**

A healthy recipe with a prep time of 15 minutes and a cooking time of 45 minutes. This recipe feeds 2 and can be scaled up for groups.

INGREDIENTS

1. 2 Sea Bass (250 grams each)
2. 2 large lemons
3. 2 limes
4. Fresh Herbs (Dill, thyme and parsley)
5. Pitted black olives
6. Sea Salt
7. Freshly ground black pepper
8. Olive Oil

EQUIPMENT

1. Wax paper
2. Baking tray

METHOD

- Ask your fishmonger to gut and scale your fish.
- Pre heat your oven to 200 degrees Celsius.
- Wash your fish with water, pat dry and set aside.
- Slice the lemon and lime into 1-centimeter wide circles.
- Clean your fresh herbs.
- Rip off a piece of wax paper that's larger than your fish.
- Place the wax paper on the baking tray and place your fish on the wax paper.
- Stuff the fish with the lemon, lime, herbs and pitted olives.
- Generously sprinkle salt and pepper over the fish.
- Drizzle with olive oil.
- With the fish lying vertically, grab the sides of the wax paper and envelop the fish. Twist the top and bottom ends closed similar to a candy stick.
- Place in the oven. If you have a gas oven cook for 30 - 35 minutes. If you have an electric oven cook for 40 - 45 minutes.
- Serve immediately.



Photography, Recipe, Foody Styling, Prop Styling by: TALA SOUBRA