

Basque Baked Sea Bream Recipe



PREP TIME
10 MINS



COOK TIME
25 MINS



TOTAL TIME
35 MINS



SERVES 4 PEOPLE



EASY



Ingredients

2 whole sea bream, weighing about 450g/1lb each, clean and gutted
3 Maris Piper potatoes, peeled and sliced thin
1 lemon, ½ juiced and ½ cut into thin wedges
4 garlic cloves, peeled and finely sliced
1/2 tsp of dried chillies
8 tbsp extra virgin olive oil
2 tbsp, flat-leaf parsley finely chopped
Sea salt to taste

Method

Pre-heat your oven to 200°C/390°F/Gas Mark 5 for 15 minutes.

Lay the sliced potatoes in a large baking dish, season the inside of the fish with sea salt and place the fish on top of the sliced potatoes. Make three diagonal slashes on one side of each sea bream and push a lemon wedge into each slash. Drizzle the fish with 2 tablespoons of olive oil and season the outside of the fish with sea salt.

Cover the baking dish with foil and bake for 15 minutes, basting the fish occasionally.

Remove the foil and bake for another 10 minutes to crisp the fish and brown the potato slices.

Whilst the fish and potatoes are browning, prepare the garlic and chilli oil to finish the dish by warming in a pan the remaining 6 tablespoons of olive oil. Once the oil is warm add the garlic slices and fry slowly until lightly golden, sprinkle on the dried chilli and chopped parsley.

Remove the fish from the oven, squeeze on the fresh lemon juice and spoon the garlic and chilli oil all over the fish.