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Oven-Baked Sea Bream with Chilli Spiked Mediterranean Vegetables

The inspiration for this dish came from a sleepy little fishing village in Sicily. Fishermen head back into port in the morning and a queue of locals and restaurant owners jostle for position on the dockside to get the first pick. We've combined sea bream with a classic Italian mixture of tomatoes, garlic and chilli, to create a recipe that lifts us out of the kitchen and puts us right back on the dock of that bay. Bravissimo!



30 mins



family box



spicy



2½ of your
5 a day



healthy



lactose
free



Lemon (1)



Sea Bream (4)



Red Chilli (2 tsp)



Garlic Clove (3)



Cherry Tomatoes
(1 punnet)



Courgette (2)



New Potatoes (2 packs)




Mixed Italian Herbs
(2 tsp)

4 PEOPLE INGREDIENTS

- Lemon **1**
- Sea Bream Fillet **4**
- Red Chilli, chopped **2 tsp**
- Garlic Clove, chopped **3**

- Cherry Tomatoes, halved **1 punnet**
- Courgette, chopped **2**
- New Potatoes, halved **2 packs**
- Mixed Italian Herbs **2 tsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sea bream feeds on molluscs, crustaceans and small fish.

Allergens: Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	333 kcal / 1402 kJ	6 g	2 g	35 g	4 g	40 g	0 g
Per 100g	59 kcal / 247 kJ	1 g	0 g	6 g	1 g	7 g	0 g

1



1 Pre-heat your oven to 220 degrees and boil a large pot of water for the potatoes. Zest the **lemon** (but don't grate down to the bitter white part). Put both this and the **lemon juice** over the **sea bream**, with a pinch of **salt** and **pepper**.

2



2 Cut the **chilli** in half lengthways, remove the seeds and then finely chop. Peel and finely chop the **garlic** and cut the **cherry tomatoes** in half. Slice the **courgette** in half lengthways then slice each half lengthways again into four strips, chop the strips into 1cm cubes. Cut the **new potatoes** into halves (or quarters for the bigger ones!).

3 Boil your **potatoes** with a pinch of salt for around 10 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.* Once they are done, simply drain and leave to the side, with the lid on, to keep warm for later.

4



4 Heat a splash of **olive oil** in a non-stick frying pan on high heat and stir-fry your **courgette** with a pinch of **salt**. **Tip:** *If you only have a small frying pan, then cook your courgette in smaller batches, so that you can brown it off nicely rather than stew it.* Set aside.

5 Heat another splash of **olive oil** in the (now empty) pan on high heat. Cook your **chilli** and **garlic** for 1 minute, then add in your **tomatoes** and **Italian herbs** and cook until your **tomatoes** are soft (about 4 mins). **Tip:** *Add the chilli to taste but be warned, it's hot!*

5



6 Drizzle some **olive oil** on a baking tray and put it in your oven for 2 mins to get nice and hot. Take the tray out of your oven (with a mitt!) and place your **fish** on it, skin-side down. **Tip:** *Be careful as it'll sizzle and might splash.* Cook for 6 mins on the top shelf.

7 To serve, simply stir together your **potatoes**, **courgette** and your **tomato mixture**. Check for seasoning and add a little more **salt** or **pepper** if necessary. Top your delicious **Mediterranean medley** with your perfectly cooked **fish**.

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