



SEA BASS AND POTATO BAKE

SUPER EASY TRAY BAKE RECIPE, DOUBLE UP FOR 4 OR LEFTOVERS
SERVES 2

• INGREDIENTS

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- 250g potatoes sliced thinly
- 1 red pepper cut into strips
- 2 tblsp olive oil
- 1tsp dried rosemary
- 2 seabass fillets
- 1 leek sliced 1cm thick
- 1 courgette sliced 1cm thick
- 25g pitted olives
- 1/2 lemon thinly sliced
- handful basil leaves
- salt and fresh ground pepper

- 1** Add potato and vegetables on a large non-stick baking tray, drizzle over 1 tbsp oil and scatter with rosemary, pinch salt and pepper, toss together then spread out to a single layer.
- 2** Bake for 25 mins at 160 turning over halfway if you remember!
- 3** Arrange the fillets on the top and scatter over the olives. Place lemon slices on the fish and drizzle with the remaining oil. Roast for a further 7-8 mins until fish is cooked.
- 4** Simmer for 40-50 minutes until the lentils are tender, if the sauce starts to get a bit dry add a little extra water..

Use any kind of potatoes, new or old, and sweet would work well too. Any kind of veg that is suitable to be roasted can be added if you prefer.

3 portions vegetables

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