



Salt crusted sea bass with sautéed mangetout and new potatoes | Serves 2

It's true that a whole fish can be rather daunting, but the fact is, fish cooked on the bone – just like meat – is more succulent, moist and flavourful, and provides a brilliant centrepiece for any meal. Local sea bass (pictured), brill or pollock are all good sustainable choices.

Ingredients

- 2lb sea bass – ask your fishmonger to gut, remove the gills and scale
- 1 lemon
- A handful of herbs such as parsley, sage and rosemary
- 1 clove of garlic
- Extra-virgin olive oil
- Fine salt and black pepper
- New potatoes
- Mangetout

Method

- Preheat the oven to 180°C. Rinse the fish inside and out and pat dry.
- Peel 1/4 of a lemon and finely chop it along with a generous handful of each herb and the garlic clove.
- Tear off a piece of parchment that is roughly 2½ times the length of your fish. Create a bed of lemon and half the herbs along the middle of the parchment. Lay the fish on top, then stuff the cavity with the remainder of the herbs and the garlic clove.
- Drizzle some olive oil over the fish and season well with plenty of salt and black pepper.
- Fold in the ends of the parchment, then pull it up around the fish. Fold the edges together to form a sealed bag. Put the fish parcel on a baking tray and cook in the oven for approx 5 minutes.
- To check the fish is cooked properly, remove it from the oven, unwrap the parchment – being careful of the steam – and prise the flesh away from the bone at the thick end of the neck. If it pulls away, it is ready to eat.
- Serve as a centrepiece with baby roasted potatoes and sautéed mangetout or green beans.

Prepared by
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Chef's tip

Use any fish leftover to make delicious recipes such as fish cakes, or simply stir into a tomato sauce-based pasta dish for a mid-week supper.

July

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<div></div> <div>30</div>	<div>31</div>	<div>Handy tip</div> <div>Feel good this summer and reduce single use packaging. Look out for hedge veg and support local.</div>				