

OVEN BAKED SEA BASS

INGREDIENTS

1 whole 1kg sea bass, cleaned
2 lemons
1 small glass white wine
3 ripe tomatoes, skinned and sieved
2 cloves garlic, finely chopped
Sprig parsley, finely chopped
2 tbsp bread crumbs
1 onion, finely chopped
1 crispy lettuce, finely shredded
Extra virgin olive oil and salt

PREPARATION

Preheat oven to medium high. 180 to 190 c

Spread the onion over the bottom of a shallow ovenproof dish and lay the fish on top. Drizzle over some oil and lemon juice. Add the strained tomatoes, wine and sprinkle over the bread crumbs which have been mixed with the parsley and garlic. Drizzle over a little more oil and place in the oven. Cook for 25-30 minutes, basting occasionally with the juices from the fish. When the fish is cooked, transfer to a hot serving dish and cover with the sauce. To garnish, surround with lettuce and some slices of lemon.

Recipe provided by SpainGuides.com.

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