



Seabass Tray Bake with Fennel & Lemon Roast Potatoes

An easy to make one pan fish dish, brand new to the menu. The potatoes get nice and crispy in the base of the pan while the fennel and lemon pair perfectly with the fresh sea bass to make a delicious meal. It is very important that you preheat the oven or else the fish and vegetables will not be cooked at the same time.

Ingredients

- Sea Bass
- Baby Potato
- Fresh Thyme
- Fennel Seeds
- Lemon
- Fennel Bulb

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 317 kcal
Carbohydrates: 41 g
Protein: 29 g
Fat: 3 g

Allergens


[Fish \(Sea Bass\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 200°C.

2) Roast the potatoes

Cut the baby potatoes in half and toss in a little salt, pepper and olive oil. Spread out onto a baking tray and roast in the oven for 15 minutes. While the potatoes are cooking move on to the next step.

3) Prepare the rest of the ingredients

Roughly chop the thyme and set aside. Slice the fennel bulb from the top down the middle. Then lay both halves flat on your chopping board and thinly slice lengthways.

4) Put the vegetables in the roasting tray

Mix the thyme with the fennel seeds and the fennel bulb strips. Remove the potatoes from the oven. Spread this mixture around the tray and place back into the oven.

5) Put the fish in the oven

Season the sea bass with salt and pepper and place flesh-side down on top of the vegetable mix. Drizzle a little olive oil over everything in the tray. Slice the lemon into rings and arrange on top of the fish. Cook for 12 - 15 minutes.

6) Plate the dish

Serve the fish with the roast potatoes and fennel on the side.



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