



Crispy Seabass Salmoriglio with Seasonal Vegetables

a flavorful dish featuring perfectly seared seabass with a crispy skin, topped with a zesty salmoriglio sauce made from lemon, garlic, olive oil, and herbs. It's served alongside a medley of fresh, seasonal vegetables, adding vibrant color and balanced nutrition to the plate.

Ingredients

- Seabass Fillet
- Fresh Parsley
- Courgette
- Baby Potato
- Onion
- Lemon
- Cherry Tomato
- Garlic

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 503 kcal
Carbohydrates: 65 g
Protein: 31 g
Fat: 14 g

Allergens

Fish (Seabass)

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 180°C

2) Prepare & cook the potatoes

Cut the baby potatoes into one inch chunks and toss with olive oil, salt and pepper. Spread over a large baking tray and put in the oven for 10 minutes. While the potatoes cook...

3) Prepare the vegetables

Cut the courgette into medium cubes. Peel the onion and discard the skin then cut into slim wedges. Peel and crush the garlic. Place the courgettes and tomatoes with half the garlic in a bowl and drizzle with olive oil. Season with salt and pepper and use your hands to mix everything together until coated. Remove the potatoes from the oven and add the vegetables, mixing well. Return to the oven for 25-30 minutes, tossing half way through. While the veg cooks move on to the next step.....

4) Make the Salmoriglio sauce

Chop the parsley as finely as you can. In a bowl, add 1 tbsp of oil per person with 1 tbsp of water per person. Whisk together until thickened and emulsified. Stir in the chopped parsley, 1 tbsp lemon juice per person and half a garlic clove per person. Stir well and season with salt and pepper to taste. Set aside.

5) Cook the fish

Place a pan over a medium-high heat with a drizzle of olive oil. Once the pan is hot, season the seabass with salt and place in the pan skin-side down. Use a spatula or fish slice to press down on the fish. Cook for 3-4 minutes until the skin is nicely golden and crisp then carefully turn the fillets over to cook for 1 minute. The fish is cooked when the flesh becomes opaque.

6) Serve the dish

Lay the potatoes and roasted veggies side by side and lay the fish over. Drizzle over the salmoriglio sauce and enjoy!



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