

Ginger, lime & coriander seabass with roasted vegetables.

(Serves 1)

Ingredients

- 30mls Oil, Olive, napolini
- handful Coriander, fresh, chopped
- 1 Lime, zest & juice
- 10g Ginger, fresh, finely chopped
- 1 Garlic Clove, crushed
- 1/2 Chilli, fresh red, deseeded & finely chopped
- pinch Cayenne pepper
- 180g Seabass fillets
- 50g Onions, red, cut into thick chunks
- 1/2 Pepper, red, deseeded & cut into thick chunks
- 1/2 Pepper, yellow, deseeded & cut into thick chunks
- 50g Courgettes, thickly sliced & quartered
- 80g Tomatoes, cherry, whole

Preparation

1. Mix the olive oil, coriander, lime zest & juice, ginger, garlic, chilli & cayenne pepper in a dish.
2. Score seabass fillets on skin side & put in same dish. Coat thoroughly with the oil.
3. Cover & put in fridge for a couple of hours if possible to marinate. Remove.
4. Pre heat oven to 180°C/350°F/Gas Mark 4 (160°fan).
5. Remove fish from marinade, leaving some of the oil in the dish.
6. Toss onion & peppers in the remaining oil.
7. Put onion & peppers in oven & roast for 10 mins.
8. Add courgettes. Toss with onion & peppers & roast for 10 mins.
9. Add cherry tomatoes, whole & cook for 6 more minutes.
10. As tomatoes are put in oven, heat a large frying pan on hob.
11. Fry sea bass, along with its marinade, skin side down for 3 minutes, then turn & cook for a further 3 minutes.
12. Put roasted vegetables on a serving plate & sit seabass on top. Serve immediately.

TOP TIP: The seabass does not require any further oil for cooking. It will cook in its own marinade.

NUTRITIONAL VALUES

PER SERVING

Calories 520

Total Sugars 13.94g

Total Fats 29.09g

Saturated Fats 5.15g

Salt 0.6g

Fruit & Veg 3.8