

SEABASS FOR TWO

SERVES 2

INGREDIENTS

Olive oil

1kg fresh, line-caught wild seabass,
scaled and gutted

2 sprigs rosemary

1 lemon, cut into 4 wedges



- Preheat your oven to 200°C/400°F.
- Pour a splash of olive oil onto a baking tray and place the seabass onto it. Rub some oil over the fish's body with your hands and sprinkle sea salt onto both sides.
- Stuff the rosemary and lemon wedges into the belly.
- Put the seabass into the oven for 15–20 minutes, until the skin is golden-brown and the flesh has cooked through.
- Serve with new potatoes or chips, and a bowl of fresh salad.