



Seabass Fillets with Roasted Ratatouille

Roasting brings out the flavour of the vegetables and this colourful dish would make a great dish for a simple supper or entertaining in the summer.

INGREDIENTS

4 x 130g fillets seabass
2 tbsp Canderel granules
grated zest and juice 1 lemon
½ tsp paprika
2 tsp olive oil

Ratatouille :

2 small courgettes, thickly sliced
2 red onions, cut into thick wedges
1 red and 1 yellow pepper, seeded and cut into 3 cm pieces
1 bulb fennel, trimmed and cut into chunks
3-4 cloves garlic, peeled and roughly chopped
250g cherry tomatoes
1 tbsp olive oil
small handful basil leaves, roughly shredded

BEFORE YOU BEGIN

Serves
4

Time
preparation: 15 minutes
cooking: 45 minutes

Per serving
353kcal

Difficulty level



STEP BY STEP

- 1 Place the fish on a plate or tray. Mix 1 tbsp of the Canderel with the lemon zest and juice, paprika and olive oil, season and brush over the fish. Set aside.
- 2 Heat the oven to 200C/ gas 6. Place all the vegetables except the tomatoes in a deep roasting tin, drizzle over the oil and toss together, season with salt and pepper and scatter over the remaining Canderel. Place in the oven to roast for 30 minutes.
- 3 Remove the tin from the oven, place the tomatoes amongst the vegetable, scatter over the basil, then lay the fish on top.
- 4 Return to the oven and roast for a further 15 minutes, if wished when the tomatoes are cooked, they can be squashed and mixed with the other vegetables.
- 5 Scatter in the basil leaves. Lift the fish onto serving plates, spooning the vegetables around. Serve with watercress, spinach and rocket salad and boiled new potatoes.
- 6 Tip: other varieties of fish would also suit this recipe such as salmon, cod, trout, tilapia or sea bream fillets.