



Baked Sea Bass with Herbs and Onions



Serves 2

INGREDIENTS FOR THE FISH:

1 whole **sea bass**
1 red onion, finely chopped
¼ tsp salt
¼ tsp turmeric powder
¼ tsp chilli powder
1 tsp toasted fennel seeds
Handful of fresh tarragon, finely chopped
Handful of fresh chives, finely chopped
Handful of dill, finely chopped
1 green chilli, finely chopped
1 lime
2 tsp olive oil

INGREDIENTS FOR THE SALAD:

50 g watercress
¼ tsp **mustard**
¼ tsp cider vinegar
¼ tsp black pepper
1 tbsp extra virgin olive oil

Preheat the oven to 180° C.

ALLERGENS HIGHLIGHTED IN BOLD

PREPARATION:

In a bowl mix the onion, salt, turmeric, chilli, fennel, tarragon, chives, dill and green chilli. To this add the juice of the lime and 1 tsp of the oil. Mix it all well.

Place a sheet of baking parchment on top of a baking tray and place the fish on that. Stuff it with the onion mix and spread the rest of the mix on top of the fish. Drizzle 1 tsp of oil on top and gather the sides of the baking parchment pinching and sealing it all together. Bake it for 25 minutes or until the fish is cooked.

In another bowl mix the salad dressing and whisk it for a few seconds until combined well. Pour this over the watercress and mix well.

Carefully open the fish and serve with the salad.