



Sea bass in parchment (en papillote)

15'
Hands on

15'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 2 sea basses, fillets (250-300 g/ fillet)
- salt
- 1 tablespoon(s) peppercorns, pink + extra, to serve
- 4 caper leaves, + extra, to serve
- lemon juice, of 1 lemon
- 1 tablespoon(s) olive oil

To serve

- 1 fennel bulb
- 1 zucchini
- 1/2 broccoli

Διατροφικός πίνακας

Nutrition information per portion

315 Calories (kcal)	9.0 Total Fat (g)	2.0 Saturated Fat (g)	1.7 Total Carbs (g)
16%	13%	10%	1%
0.5 Sugars (g)	56.0 Protein (g)	0.9 Fibre (g)	1.7 Sodium (g)
1%	112%	4%	32%

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Lay a piece of parchment paper on your working surface and place the fillets on top of it.
- Season the fillets with salt and pepper, and sprinkle with the pink peppercorns.
- Move the fillets a little lower than the center of the parchment, one next to the other, skin side down, and add 2 caper leaves on top of each fillet. Add the lemon juice and the olive oil.
- Brush the edges of the parchment with water and fold the parchment by pressing its edges together. Carefully transfer to a [baking pan](#) and bake for 10-15 minutes.
- Carefully open up the parchment and serve with extra caper leaves and pink peppercorns. You can also serve with any roasted vegetables that you like.