

SEABREAM/BASS WITH PARSLEY, LEMON & CAPERS



QUICK

5 mins prep
time

HEALTHY

Seabream is high in protein and low in fat. It is a good source of the Vitamin B12 which we need for healthy cell formation

FAMILY



Feeds 4

MEALS

Serve with boiled potatoes and a green salad

INGREDIENTS

- 4 seabream/bass fillets
- 50g parsley
- 2 large garlic cloves
- 1 lemon
- 80g capers
- 1 tsp olive oil
- S & P

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Slice your lemon
- 3) Peel and slice your garlic
- 4) Chop your parsley
- 5) Open out your fish and rub a little olive oil onto the flesh.
- 6) Season it, then divide the parsley equally between the 4 fillets, filling one side of the fish
- 7) Lay the sliced lemon on the parsley, then the garlic on the lemon
- 8) Finish by scattering the capers inside and closing the fish
- 9) Put into an ovenproof dish and bake for 15-20 minutes
- 10) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com