

Oven Roasted Whole Sea Bass

You will need

1 Sea Bass per serving, gutted & cleaned
1 piece of fresh ginger, peeled & cut into match sticks
Red chilli, deseeded & chopped
Fresh lime zest
Spring onions sliced
1 tbsp red vinegar
2 tbsp dark soy sauce

Alternatively you could use Sea Bream, Barramundi, Red Mullet or Mackerel

1. Preheat your oven to 200oC and line a baking sheet with some foil. Add some ginger, chilli, lime zest, & spring onion into the cavity of the fish. Drizzle over the fish the lime zest, vinegar and soy sauce. Season with sea salt and black pepper, and then sprinkle the fish with the rest of the ginger, chilli & zest.
2. Fold the fish in a foil parcel and cook in the oven for 12- 15 minutes. Open the parcel & allow the fish to slightly brown in the oven for a further 5 minutes, and then serve.