



### **Roasted Sea Bass artichoke, olive, potatoes, tomatoes and parsley**

Inspired by our chefs time at local Italian restaurant Shambles, which we also supply with daily deliveries. Generally, this style of food comes from the south of Italy where fresh fish and seafood are eaten in abundance straight out of the warm sea and simply grilled or roasted!

We're going to give you an idea of a tasty recipe that really works, with a variety of different stuffing ingredients. All the ingredients in this recipe can be found at Sandys.

#### **Ingredients:**

- 1 whole portion sized bass canoe trimmed, just ask us to do the work!
- 4 medium cooked new potatoes into quarters
- 6 cherry tomatoes halved
- 3 baby marinated artichoke hearts cut into quarters
- ¼ of a bunch of flat leaf parsley – leaves only, just pick them off by hand
- 10 black olives
- Drizzle of olive oil

**Method:**

- pre heat your oven to 200°c
- mix all your ingredients
- split the mix evenly between the fish
- you should be able to sit your fish up on a non-stick tray
- drizzle with a little olive oil
- roast for about 15 – 25 minutes

**Chef's Tip:**

You can season the inside of the fish a little with salt and pepper but be careful with the amount of salt as the olives and artichokes are already quite salty. To check the fish is done push a skewer or the blade of a knife into the shoulder of the fish (the thick part of meat behind the gills) if it goes in with no resistance, you're good to go!