

Oven Roasted Branzino



Serves

2

Ingredients

1 1/2 lb. whole Branzino (European Sea Bass), or striped bass, scaled and Insides taken out and fins cut off.

2 cloves garlic, minced

1/4 cup of Italian Parsley, chopped

1/4 cup of Kalamata olives, pitted

1/4 cup of green olives, pitted

1/4 cup of capers, drained

1Lb of Baby Spinach, sautéed

1/4 cup of golden raisins.

1/4 cup of almonds, slivered or whole skin on or off.

2 whole lemons

Extra Virgin Olive oil

Sea Salt & Fresh Ground Black Pepper

1/2 cup of cherry or Grape tomatoes, halved

Preparation Instructions

Heat oven to 425 degrees. Wash the fish well, dry and season the Branzino cavities with Salt & Pepper and stuff with cut lemon rounds, Parsley, and the minced garlic. Transfer the fish to a large rimmed baking sheet on parchment paper and coat with olive oil and more salt & pepper.

Add the cut cherry tomatoes and place them around the fish. Roast in the oven for about 10 minutes. Take out and let sit for a few minutes.

Place on serving platter and add the halved Kalamata olives, the green olives and the capers. Add a squeeze of lemon.

Sauté the spinach in a pan with olive oil and the golden raisins and the almonds. Place on the plate and lay the fish on the top of it. or place spinach on the side.