

Sea bass fillet with local wild greens

Preparation time: 10',

Baking time with boiling 20' to 25'

INGREDIENTS: (For 2 servings)

- 1 sea bass filleted,
- 500gr of chard (greens),
- 2 dry onions,
- 3 fresh onions,
- 50g of fennel,
- 1 zucchini
- 2 cloves of garlic,
- dill,
- lemon zest,
- juice of 2 lemons,
- 100ml olive oil,
- Salt Pepper,
- thyme

METHOD

Marinade for the fish before it goes into the oven:

Put in the mortar 1 chopped clove of garlic, thyme, lemon zest and juice, some finely chopped fennel and dill, olive oil, salt, pepper and mix until it becomes a paste which we spread on the surface of the fish.

- Take and cut the pieces of the filleted fish, cover their surface with the marinade and place them on a baking tray with greaseproof paper.

- Finely chop the onions, garlic, zucchini and fennel.
- Prepare the lemon juice, heat the olive oil, pour the vegetables into the pot and mix with a wooden spoon.
- Then we add our greens and stir until wilted
- Pour the lemon juice and cover.
- In a preheated oven at 180C degrees (air), bake our fish for 10'.
- At the same time the seabass are ready, serve together with our sea bass and enjoy!!!

Tips:

1. Sea bass fillet doesn't need more than 8-9 minutes to be cooked so it can be juicy
2. FINOKIO or Marathoriza: Fragrant, crunchy, with a mildly sweet taste, raw or cooked it accompanies and flavors dishes containing fish, chicken, pork, lamb (fricasee), pasta or green salads. A rich source of vitamin C, fiber, potassium and folic acid, it has a beneficial effect on the immune system, detoxifies the body and protects against many diseases. Although a favorite of Italians, it stars in various ways in many cuisines of the world.