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 180°C 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 (fricassee), 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.