

Oven Roasted Seabass

Tender oven-roasted sea bass with Mediterranean herbs, lemon, and tomatoes. A healthy, elegant main dish that's surprisingly easy to make at home.

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| 15 | 50 | 65 | 2 | Medium |
| PREP MIN | COOK MIN | TOTAL MIN | SERVINGS | DIFFICULTY |

Oven Roasted Seabass

Ingredients

- 2 branzino
- 2 onion
- 1 tomato
- 1 lemon
- 0.5 cup olive oil
- 4 sprig fresh oregano
- 2 sprig bay leaf
- 4 clove garlic
- 1 tsp sea salt

Instructions

- 1 Prepare the fish**

Pat 2 sea bass completely dry with paper towels and place in a mesh strainer for 10 minutes to drain excess moisture.
- 2** Preheat oven to 180°C (356°F).
- 3 Prepare vegetables**

Slice 2 tomatoes, 1 lemon, and 1 onion into 5mm thick rounds. Crush 4 garlic cloves lightly with the flat side of a knife.
- 4 Stuff the fish**

Line a baking tray with parchment paper and place sea bass on top. Stuff each fish cavity with half the lemon slices, some tomato pieces, 2 bay leaves, 2 garlic cloves, and some onion pieces.
- 5** Arrange remaining lemon, tomato, and onion slices around the fish on the tray.
- 6** Drizzle 1/2 cup olive oil over fish and vegetables, then sprinkle with 4 sprigs fresh thyme, 2 sprigs oregano, and 1 teaspoon salt.
- 7 Roast covered**

Cover tray completely with parchment paper and roast for 35 minutes.
- 8 Finish uncovered**

Remove parchment paper covering and continue roasting for 5-8 minutes until fish skin is lightly golden and flesh flakes easily when tested with a fork at the thickest part.

Tips

Pat the sea bass completely dry with paper towels before seasoning to ensure the skin crisps properly and the fish doesn't steam in its own moisture.

Score the skin diagonally in 2-3 places on each side to prevent curling and allow seasonings to penetrate the flesh more effectively.

Place lemon slices under the fish as well as inside to prevent sticking and add extra citrus flavor to the pan juices.

Use parchment paper rather than aluminum foil for the initial covering - it allows some moisture to escape while still creating a gentle steaming environment.

Test for doneness by gently pulling at the dorsal fin - it should come away easily when the fish is perfectly cooked.

Let the fish rest for 5 minutes after cooking to allow juices to redistribute, making filleting easier and preventing the flesh from falling apart.

Save the flavorful pan juices and roasted vegetables to spoon over the fish - they create a natural, light sauce that enhances the dish.