

Paprika Dusted Seabass with Peppers & Tomatoes



Serves 3

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

2 red peppers, deseeded and sliced
1 yellow pepper, deseeded and sliced
150g cherry tomatoes
3 tbsp olive oil
3 - 4 sea bass fillets
3 tbsp plain flour
1 ½ tbsp paprika
2 tbsp parsley, chopped

1. Preheat the oven to 200°C/Fan 180C/Gas 6.
2. Place the peppers in a roasting tin covered with foil and roast until the skins are blackened. When cooled, take the skin off. Cut into strips. Drizzle over 2 tbsp of the oil, toss to mix, then stir through the cherry tomatoes and cook for 25 minutes until the tomatoes are hot and the skins have split.
3. While the tomatoes are cooking, heat the remaining oil in a large frying pan. Mix the flour and paprika together and use to dust the fish fillets.
4. Fry the fish for about 5-6 minutes turning halfway through.
5. Stir the parsley through the roasted peppers and tomatoes and then serve with the fish fillets and crusty bread.