

Sea Bream with Tomato & Herb Salsa



Serves 4

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

Olive oil, for frying

2 sea bream fillets, about 150g each

For the tomato and herb salsa

Olive oil 200g cherry tomatoes

60g pitted black olives (Kalamata if possible), drained (optional)

Small bunch of parsley

Small bunch of basil

1 lemon

Sea salt and freshly ground black pepper

1. First make the salsa. Place a small saucepan over a gentle heat & add 3 tbsps of olive oil. Chop the tomatoes in half & add to the oil. Add the olives (if using), season with salt & pepper and stir over a low heat for 1–2 minutes. Set aside.
2. Hold the parsley & basil stalks together & slice down with a sharp knife to shave off the leaves. Discard the stalks, & gently roll the parsley & basil leaves into a ball & chop. Save some for garnish, add the parsley & basil to the salsa & stir to combine.
3. Roll the lemon to release the juices, then cut in half. Add the juice of one half to the pan, stir & set the salsa aside so the flavours will infuse.
4. To cook the bream, heat a heavy-based frying pan over a high heat. Meanwhile, slash the skin of the fillets in 2 or 3 places. Add a dash of oil to the pan. When really hot, add the bream fillets skin side down. Season & cook for 2–3 mins until the fish is dark golden & the skin crisp. (The flesh should be opaque 2/3rds of the way up the fillet.)
5. Turn the fillets & cook on the other side for 1 min, basting with the oil in the pan, until just cooked through.
6. To serve, sit the fish fillets on top of the tomato & herb salsa & sprinkle with the reserved parsley & basil.