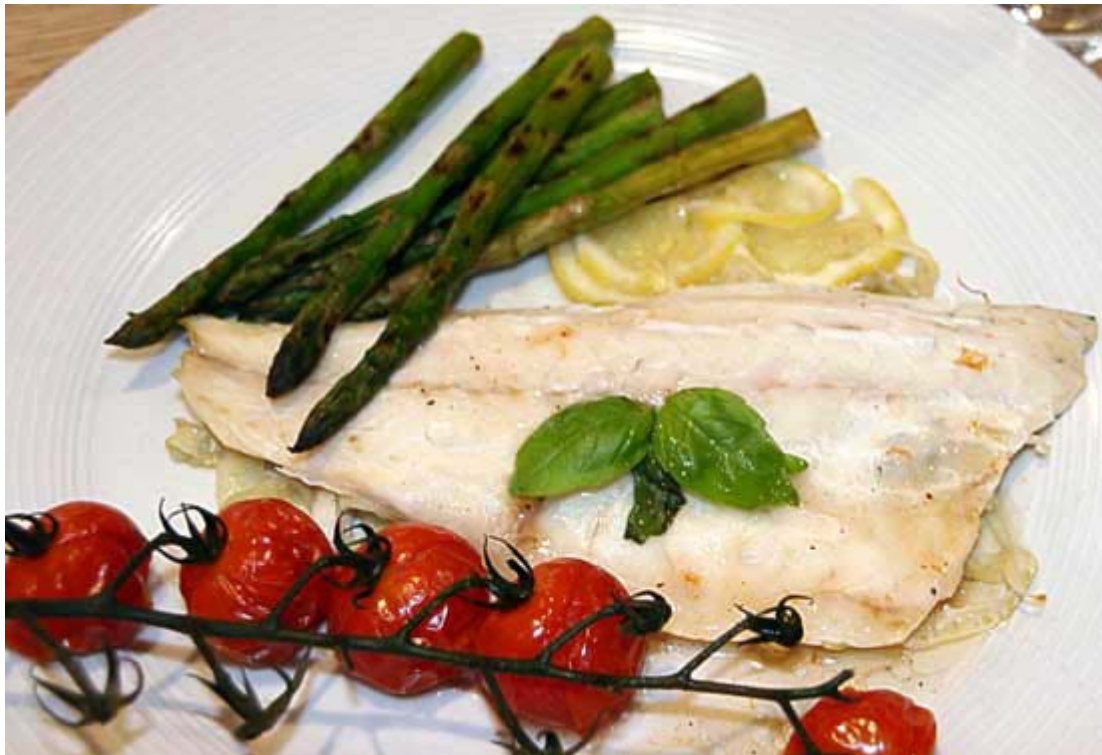


# Seabass Parcels & Roasted Tomato Dressing



**Serves 2**

**Prep 20 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

1/2 lemon, sliced  
1/2 fennel bulb, sliced  
2 seabass fillets  
8 asparagus tips  
a few basil leaves

## Dressing

16 cherry tomatoes, on the vine  
2 tbsp olive oil  
1 tbsp red wine vinegar

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Put the cherry tomatoes in a roasting tin, drizzle with oil and roast in the oven for 20 mins. Remove from the oven, add the red wine vinegar and cook for a further 5 mins. Pour the tomatoes and all the juices from the tin into a bowl, cover with cling film and leave to marinate for 15 mins.
2. Take a 30cm x 30cm piece of baking paper, fold in half and open up again. Put a few lemon and fennel slices close to the fold, top with the sea bass, asparagus and basil leaves, and season. Fold the paper back over and seal along all the edges.
3. Bake in the oven for 12 - 15 mins until the fish is cooked through. Serve the parcels opened with the dressing spooned on top.