

Sea Bass à la Niçoise



Serves 4 **Prep 45 mins**

Cooking 20 mins

Easy

Ingredients

4 large red mullet or 3 sea bass (approx 350g each), gutted and scaled
150ml olive oil
1 onion
3 tbsp chopped parsley
1 tbsp tomato purée
4 tbsp dry white wine
1 kg tomatoes, peeled, deseeded and chopped (known as concassé)
plain flour for dusting
125g black olives(optional)
1 lemon, cut in thin slices
salt & pepper

1. Heat 4 tbsp oil in a sauté pan over a medium heat. Add the onion and cook until softened. Reduce the heat to low, add the parsley and cook for about 5 mins
2. Dilute the tomato purée with the white wine. Add it to the sauté pan with the concassé tomatoes, season and cook, covered for 15 mins, stirring occasionally, until you have a thick sauce.
3. Preheat the oven to 180C/ Fan 160C/ Gas 4. Season the fish and lightly dust them with flour.
4. Heat the remaining oil in a large non-stick frying pan or roasting tin over a medium-high heat. Once the oil is hot, add the fish and cook for about 5 mins each side. Remove the fish from the frying pan and transfer them to an ovenproof baking dish. Top the fish with the tomato sauce and lemon slices.
5. Cook in the oven for 15-20 mins. Serve immediately.