

## Seabass with Rosemary Roast Potatoes & Peas



**Serves 2**

**Prep 15mins**

**Cook 25 mins**

**Easy**

### Ingredients

#### For the seabass

2 tbsp olive oil  
2 seabass fillets  
pepper

#### For the potatoes & peas

300g new potatoes  
1 tbsp dried rosemary  
1 tbsp olive oil  
frozen peas

#### For the potatoes

1. Wash the potatoes and remove any blemishes. If the potatoes are large, cut in half
2. Boil the potatoes for 15 minutes. Drain and put aside.
3. Put the potatoes in a roasting dish and add the olive oil. Coat the potatoes well and sprinkle over the rosemary.
4. Put in the oven at 200C/Fan180C/Gas 6 for 25 mins or until the potatoes are golden.
5. Heat the frozen peas in boiling water for 5 mins and drain.

#### For the seabass

1. Slash the skin of the seabass with a sharp knife, rub with oil and season. Heat the frying pan over a medium-high heat and sear the fish, skin side down, for a couple of minutes.
2. When the skin is crisp, flip the fish over and cook for a further 1-2 mins or until the skin is crispy and the flesh has turned white all the way round.
3. Serve the fish drizzled with the pan juices.

