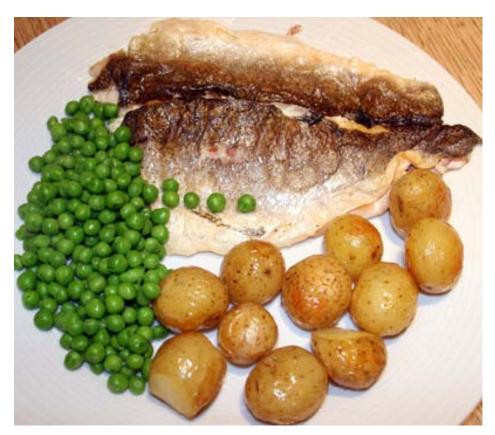
# **Seabass with Rosemary Roast Potatoes & Peas**



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.