



Recipe Details

Recipe Name : Sea Bream With Mediterranean Sauce
Recipe Category:
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Created : February 16, 2015
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Portions : 4




Weight (Per Portion)

One portion of this dish weighs approximately 362.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Bream, sea, raw	700 Gram	 Fish
Oil, olive	1 Tablespoon	
Onions, shallots, raw	2 Bulb/Head	
Pepper, capsicum, yellow, raw	1 Medium	
Garlic	2 Clove	
Tomato, tinned, chopped	225 Gram	
Tomato, puree	1 Tablespoon	
Olives, Black	10 Gram	
Capers, canned	1 Tablespoon Heaped	
Oregano, fresh	1 Tablespoon	
Tomato, cherry, raw	50 Gram	
Pepper, black	2 Tablespoon Heaped	
Potato, new	2 Medium	
Salt, table	1 Teaspoon Heaped	

Recipe Alerts

Special Dietary Requirements Suitability:	  Kosher Halal
Allergen Warnings:	 Fish

Recipe Method

First of all wipe the de-scaled fish with some kitchen paper, then make three diagonal cuts across it (on both sides) and brush lightly with a little oil. Season well with salt and freshly-milled black pepper, then place it in a shallow roasting tin and transfer it for 20-25 minutes to

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the centre of oven [pre-heated to gas mark 5, 375F, 190C]. Meanwhile heat the oil in a medium-sized frying-pan, then add the peeled and roughly chopped shallots and de-seeded and sliced pepper (2-inch/5cm) and soften then over a medium heat for 5 minutes before adding the finely chopped garlic and cooking for another couple of minutes. Next add the chopped tomatoes, tomato pur

