

Fillet of sea bream with sun-dried tomatoes *(Seafood main dishes)*



Preparation

Get your fishmonger to clean and fillet your sea bream. Arrange the fillets on an oven tray lined with baking parchment, with the skin side down. Brush the surface of the fish with the olive paste. Chop up some sun-dried tomatoes and arrange them lightly on top of the olive paste so that they won't fall off. Bake at 200°C for 10 minutes, then serve with a drizzle of extra virgin olive oil.

Tips

If you love fish, you could buy yourself a simple steamer or fish kettle, allowing you to steam or poach the fish and then simply dress it with a drizzle of extra virgin olive oil. Delicious and healthy!

Trivia

Sea bream is a very healthy fish, rich in protein and healthy fats; it's perfect for a low-calorie diet, and it's good for the kids too, because they need plenty of phosphorus to grow!

Information

Preparation 15 minutes

Total Time 10 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

490 (One fillet of sea bream per person)

Black olive paste

Sundried tomatoes

Extra virgin olive oil

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Sundried tomatoes

Extra virgin olive oil