



Baked bream with lemon, herbs and olives

If you're new to cooking fish,
this recipe's for you.

Serves 1

1 whole bream, scaled,
gutted and gills removed
sea salt and freshly
ground black pepper
12 thin slices of lemon
a small handful of fresh
basil and fennel tops

a handful of black olives,
stones removed
olive oil
1/2 a glass of white wine

Preheat your oven to 220°C / 425°F / gas 7.

Dry the bream with kitchen paper and season the inside well with salt and pepper. Stuff the cavity with half the lemon slices, basil and fennel tops. Put the rest of the lemon slices spread out but still overlapping each other on the bottom of your TEFAL pan. Lay the fish on top, sprinkle with salt and pepper and drizzle with olive oil. Throw the olives in the pan around the fish.

Bake in the preheated oven for ten minutes. Then splash the white wine over the top of the fish and return to the oven for five more minutes or until cooked through.

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