

LIGHT & SAVORY ENTREE

# Oven-roasted Sea Bass with Fennel, Lemon, and Olio Limone

*Difficulty Level: Advanced*

- 1.5 lbs. fillet of Mediterranean sea bass ("branzino"), bluenose, or snapper
- 1 ea. lemon, cut into 1/4" round slices
- 1 ea. fennel bulb, cut into 1/4" slices; reserve fronds
- 1/2 tsp. sea salt
- TT black pepper, freshly cracked
- 5 tbsp. extra virgin olive oil
- 1/2 cup Olio Limone

**SERVINGS**  
2-3

**PORTION SIZE**  
5-7 oz.

**ALLERGENS**  
Fish

**Preparation:**

Preheat oven to 375° F.

Coat the bottom of a large 14" frying pan or oval casserole dish with two tablespoons of extra virgin olive oil. Add sliced fennel bulb to the pan; season with salt and pepper.

Lightly oil the fish; sprinkle with sea salt and pepper. Lay the fillet on top of the sliced fennel bulb and top with sliced lemons. Drizzle with the remaining oil. Bake for 15-18 minutes until the internal temperature reaches 130° F.

Remove the pan from the oven and transfer the roasted fennel and fish (on top) to a serving platter. Garnish with slices of fresh lemon and fennel fronds. Finish with a generous pour of Olio Limone.

