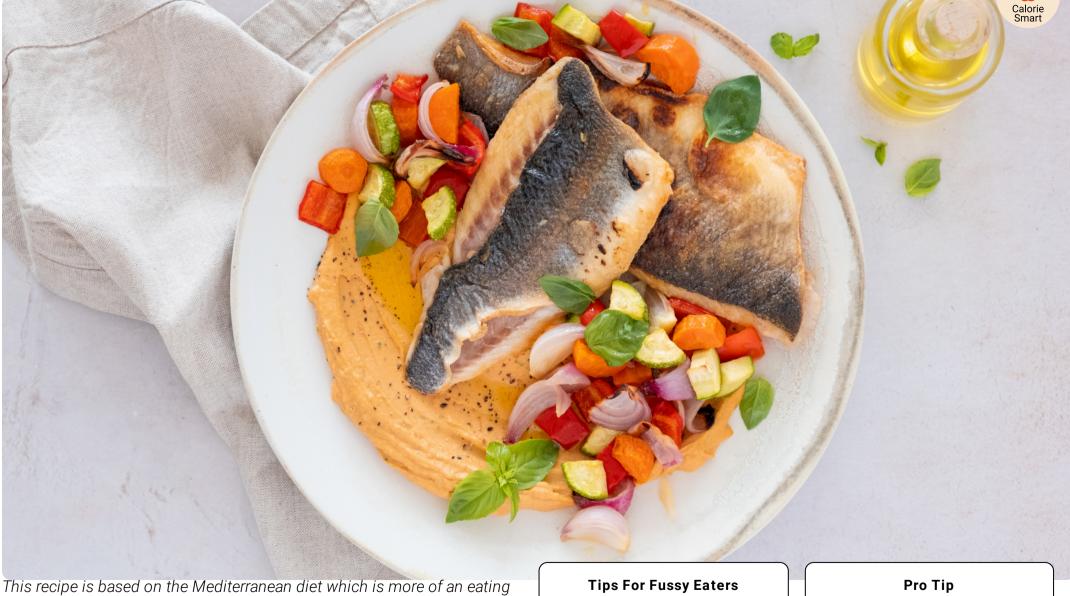


Super Easy Mediterranean-style Seabass

with Roasted Pepper Hummus and Veg



This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

Cooking Time: 30 min | Gluten-Free | Dairy-Free Cals 563 | Prot 41 | Carbs 32 | Fat 30 Add some potatoes for a carby version!

Keep your knives sharp! This is a great opportunity to work on your knife skills.

Ingredients

For 2 For 3 For 4

Seabass

Seabass	330	525	660	Grams	
Vegetable oil	1	2	2	Tbsp	
Salt	1	1	2	Tsp	

Roasted vegetables

Red pepper	1	2	2	Piece
Small zucchini	2	3	4	Piece
Carrot	1	2	2	Piece
Red onion	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

To serve

Red pepper hummus	225	225	450	Grams
Fresh basil	15	15	15	Grams



1 Prep



2 Fry

Preheat the oven to 200°C/180°C fan. Roughly chop the **peppers** and **zucchinis**. Peel and roughly chop the **carrots**. Peel and slice the **red onions** into wedges. Add the **peppers**, **onions**, **zucchinis** and **carrots** to a lined baking tray. Drizzle with **olive oil** and season generously with **salt**. Roast for 25 min until browned and tender.





3 Serve

Serve the **seabass** over the roasted **onions**, **carrots**, **red peppers** and **zucchinis** with the **hummus** to the side. Garnish with the **fresh basil** leaves.

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