



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

Tips For Fussy Eaters

Add some potatoes for a carby version!

Pro Tip

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

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



2 Fry

Once the vegetables have been in the oven for 15 min, heat a pan over a medium-high heat with a drizzle of **oil**. Pat the **seabass** fillets dry with kitchen paper and season the skin with **salt**. Once hot, add the **seabass**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



3 Serve

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