



Jaffa Citrus-Spiked Sea Bass

Makes

4

Time

40
mins

Level

SIMPLE

Kcal

433
per portion

You will need

- 4 x Jaffa Oranges (2 for Juice, 2 segmented)
- 2 x Jaffa Seedless Lemon (1 for zest, 1 for juice)
- 5 x TBSP Olive Oil (1 for Sea Bass, 4 for Salad)
- 2 x bags watercress
- 4 x 300g whole small sea bass, scaled, gutted, and slashed a few times down each side
- Handful small capers
- Handful pitted green olives, roughly chopped

Our step-by-step guide

Step 1

Preheat oven to gas mark 5/190°C (170°C in a fan oven). Wash the sea bass inside and out and pat dry with kitchen paper. Make about 3-4 slashes across the flesh of each fish, and line a roasting tin with foil.

Step 2

Finely grate the zest of 1 of the Jaffa oranges and add to the Jaffa lemon zest. Mix with the olive oil, then drizzle over the fish tucking into the slashes and season.

Step 3

Cut the rest of the oranges into slices about 5mm thick. Arrange the orange slices over the foil lined roasting tin in groups the length of each fish, lay the fish on top of them – this stops the fish sticking.

Step 4

Put into the oven and roast uncovered for about 20-30 mins – the flesh should feel firm to the touch and should be flaky and white. Remove from the oven and leave to rest for 5 mins before serving.

Step 5

While the fish is cooking (or beforehand), make the salad. Put the orange segments in a large bowl with the squeezed juice from the rest of the oranges and the lemon juice. Season and stir in the olive oil.

Step 6

When the fish is cooked, toss the watercress in the orange dressing with the capers and olives. Serve the fish with the salad.

Step 7

Enjoy!

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