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Roasted Faskar with Rosmary Potatoes

Ingredients

For the fish

2 x 1 lb. Faskar, cleaned, head and fins removed

Salt and freshly ground black pepper

1 lemon, sliced

Handful of flat leaf parsley, whole

2 Bay leaves

2 cloves garlic, smashed

For the Rosemary potato wedges

2 medium potatoes, cut into 8 wedges

1/2 tsp dried rosemary

Salt and freshly ground black pepper

Olive oil

For the Yoghurt-cucumber salsa

English cucumber, diced

2 oz. yoghurt

2 small pickled chillies, finely chopped

1/2 tsp dried mint

Preparation

- 1 Preheat oven to 220C
- 2 Place Faskar in a roasting pan and season inside and out with salt and black pepper
- 3 Stuff each fish with parsley, bay leaves and garlic. Place lemon slices inside and at the bottom of the fish
- 4 Toss potato wedges in a bowl with rosemary and olive oil
- 5 Season with salt and black pepper. Place the potato wedges with juices around and in between the fish
- 6 Cover with foil and roast for 20 minutes, thereafter remove the foil and roast for a approx. 40 minutes until the fish and potatoes are golden brown
- 7 In the meantime, combine all ingredients for the Yoghurt-cucumber salsa in a bowl and chill
- 8 Serve Faskar on a platter with potato wedges seasonal vegetables and salsa.
- 9 Thanks to Choose Wisely for this recipe

Cooks Note
