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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