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by Natur House

Sea bream with saffron

Ingredients

1.5 kg Sea bream (cleaned and descaled)
6 tomatoes
3 red paprika
3 sprig of fennel
3Tbsp tomato paste
20 black olives
3 Tbsp. capers
1 Tsp. Harisssa
10 Tbsp. olive oil
1/2 Tsp. Saffron, salt and pepper

Preparation

1. Preheat the oven, gas mark 6 (180 ° C). In a skillet, combine olive oil, tomato paste, Harisssa and cook for 1 minute.
2. Cut the peppers, tomatoes, chop the fennel, the capers, the olives. Add them to the sauce and stir.
3. Let it simmer for 5 minutes.
4. Sprinkle the fish with saffron, salt and pepper.
5. In a baking dish (large enough), place the fish, pour the sauce on the top and bake it for 20 minutes.

Cooks Note

Serves: 6

Thanks to Naturhouse for this great recipe

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