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Sea Bass With Ratatouille



Ingredients

3-4 ripe tomatoes
1 red onion
1 aubergine
2 small courgettes
1 red pepper
2 cloves of garlic
Extra virgin olive oil
1 tablespoon of balsamic vinegar
A pinch of sugar
2 fillets of sea bass
1 lemon
Salt and black pepper
A small handful of basil leaves
A few sprigs of thyme

Servings
2
Person

Preparation

1. Score around the tomatoes then repeat at right angles, place in boiling water for 30 seconds, place in cold water then peel. Chop roughly.
2. To prepare the vegetables, peel and chop the onion, slice the aubergine into quarters lengthways and chop into chunks, slice the courgettes into half lengthways and chop into chunks, deseed the pepper and cut into large pieces and peel the garlic.
3. Brush a tablespoon of olive oil onto a griddle pan and heat. Griddle the aubergine chunks in the hot pan for about 2 minutes on each side to brown and soften them, then repeat with the chunks of courgette. Put both in a bowl and set aside.
4. Heat 2 tablespoons of olive oil in a large heavy bottomed pan and gently sauté the onion for 2 minutes. Add the crushed garlic and cook for a further 2 minutes. Stir in the balsamic vinegar.
5. Add the griddled vegetables to the pan, stir gently and simmer for 2-3 minutes. Stir in

the tomatoes and the sugar then cover and simmer very gently for 15-20 minutes, stirring occasionally.

6 Meanwhile, season the sea bass with salt and black pepper and drizzle with a little lemon juice. Brush the griddle pan with oil and cook the fish, skin side down, for 5 minutes until the skin is brown and crisp.

7 Carefully turn the sea bass over and cook for another few minutes, until the fish is opaque and cooked through.

8 AIn the last few minutes of cooking, add the thyme leaves and chopped basil leaves to the pan of vegetables and season to taste with salt and black pepper.

9 Serve the fish on a bed of ratatouille, garnished with a little thyme and basil and served with lemon wedges.

Cooks Note

For a wonderful healthy summer meal enjoy fresh sea bass, simply pan fried, on a bed of aubergine, courgette, tomato and roasted pepper cooked with herbs and garlic.