

Mediterranean roasted fish

This is an easy all in one meal using whole fish. Bass is particularly nice (especially if just caught the night before as mine was!) but you could use any fish really, including economical oily fish such as mackerel. Look at www.fishonline.org to see which fish stocks are sustainable.

Serve with a green salad.

For 4 people you will need:

1 or two fish, cleaned and descaled if necessary, weighing a total of around 1kg (e.g. bass, trout, mackerel, flounder, dab)
1kg potatoes, sliced thinly (about 0.5cm) – no need to peel
4 large tomatoes sliced (about 0.5cm)
1 red pepper thinly sliced
4 large cloves garlic peeled and thinly sliced
Few sprigs of fresh thyme
Handful of fresh basil leaves
1 teaspoon red chilli flakes
Sundried tomato paste (or just normal tomato past if you can't get sundried)
Extra virgin olive oil
Black pepper
Salt (preferably low salt substitute*)
Lemon wedges

* People receiving medication for diabetes, heart or kidney disorders should consult their doctor before using low salt alternatives

1. Heat the oven to 200 C/Gas mark 6.
2. Place the sliced potatoes in a roasting tin with a few sprigs of thyme (reserve a couple of sprigs). Drizzle over a little olive oil then toss the potatoes so that they are thinly coated. Season with salt & pepper. Layer the potatoes over the base of the tin and bake in the oven for 20 minutes.
3. Remove the tin from the oven. Sprinkle the garlic and chilli over the potatoes. Throw on the torn basil leaves (reserving a few leaves).
4. Spread a little tomato paste on each slice of tomato and arrange over the potatoes. Arrange the sliced pepper on top.
5. Make two or three slashes in the flesh on either side of the fish. Push half a basil leaf and a small sprig of thyme in each. Place the fish in the roasting tin on top of the vegetables.
6. Drizzle over a little more olive oil and add a few grinds of black pepper and a sprinkle of salt.
7. Place back in the oven and bake for a further 20 minutes until the vegetables and fish are both cooked.
8. Lift the fish off the vegetables and remove the flesh from the fish as four fillets. Serve the roasted vegetables with a filleted piece of the fish on top and a lemon wedge.