



Baked sea bass with lemon & herbs (with Tarator sauce)

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sea bass fillets whole
- ☐ 1 tbsp olive oil
- ☐ 2 large optional: lemon thinly sliced (peel and all)
- ☐ 3 garlic clove crushed
- ☐ 50 g almond flour
- ☐ 50 g pinenuts
- ☐ 2 large sandwich bread white thin

- ☐ 2 garlic clove crushed roughly chopped
- ☐ 0.5 juice of lemon plus a tablespoon
- ☐ 150 ml olive oil extra virgin extra-virgin
- ☐ 2 tbsp fish stock cold

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat the oven to 230C/gas 8/fan210C. Pat the fish dry with kitchen paper, inside and out. Rub the skin with oil and season with salt and pepper.
- ☐ Lay three-quarters of the lemon slices on a heavy baking sheet and place the fish on top (see tip). Stuff the belly with the remaining lemon, the garlic and plenty of herbs, then season.
- ☐ Bake the fish for 30 minutes or until the flesh is opaque at its thickest part slide a knife into the backbone area to heck.
- ☐ To serve, first gently peel the skin back, then lift off a chunk of the back fillet and a chunk of the belly to make one serving: each side should yield 2 portions. Use any lemon slices that are nicely brown, rather than jet-black, as a garnish.FOR THE TARATOR SAUCE
- ☐ Put the nuts in a food processor and whizz to a fine powder.Wet the bread, then squeeze out all the moisture. Crumble it into the nuts, add the garlic and whizz to combine thoroughly.
- ☐ Add the lemon juice, a pinch of salt and a good grinding of pepper. Start pouring the olive oil in through the feeder tube, in a steady, fine trickle. Once the oil is incorporated, the sauce will be very smooth but rather solid, so add enough water (or stock) to let the sauce down to a thick, creamy consistency.
- ☐ Finally, taste the sauce, adjust the seasoning and add a little more lemon juice if necessary.

Nutrition Facts



 **PROTEIN 23.75%**  **FAT 66.97%**  **CARBS 9.28%**

Properties

Glycemic Index:40.07, Glycemic Load:6.51, Inflammation Score:-7, Nutrition Score:30.579130545906%

Flavonoids

Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg, Eriodictyol: 11.72mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 770.35kcal (38.52%), Fat: 58.49g (89.98%), Saturated Fat: 7.56g (47.23%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 14.5g (5.27%), Sugar: 3.18g (3.53%), Cholesterol: 180mg (60%), Sodium: 253.06mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.66g (93.33%), Vitamin B12: 8.6µg (143.37%), Selenium: 86.5µg (123.57%), Manganese: 1.3mg (65.11%), Phosphorus: 551.22mg (55.12%), Vitamin E: 6.73mg (44.89%), Vitamin B6: 0.79mg (39.64%), Vitamin C: 31.34mg (37.99%), Magnesium: 130.98mg (32.75%), Vitamin B3: 6.17mg (30.86%), Vitamin K: 29.56µg (28.16%), Vitamin B1: 0.38mg (25.1%), Iron: 4.18mg (23.2%), Potassium: 768.33mg (21.95%), Vitamin B5: 1.94mg (19.37%), Fiber: 3.73g (14.94%), Copper: 0.29mg (14.45%), Zinc: 1.92mg (12.82%), Folate: 48.25µg (12.06%), Calcium: 117.3mg (11.73%), Vitamin B2: 0.15mg (8.8%), Vitamin A: 219.01IU (4.38%)