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# Roasted Black Sea Bass

Serves 3-4

## Ingredients

- 2 1-1/2 pound whole Black Sea Bass fish, scaled, gutted, and brushed with olive oil
- 1 large red onion, thinly sliced
- 1/2 bunch organic cilantro or Italian flat leaf parsley, half of it in whole leaves separated from the stem and the other half minced
- 4 cloves of garlic, minced (6-7 if you're a garlic lover)
- 1-2 scallions, cut in 2" pieces
- 1 pack of organic cherry tomatoes
- 1-2 packages of organic yellow creamer potatoes (or 6-7 medium Yukon Gold potatoes), boiled with the skin on. (potatoes are optional depending on your diet regimen, but they taste great with this dish. You can substitute with a veggie side or cauliflower rice).
- 1-2 lemons
- [Olive oil to cook with](#)
- [Olive oil to drizzle](#) (this is my favorite olive oil for drizzling on salads, and pretty much over everything since I got back from Sardinia)
- [Coarse Pink Himalayan Salt](#) (or [Kosher Sea Salt](#)) to taste
- Fresh Ground Pepper to taste
- [Organic garlic granules](#) to taste



## Directions

1. Place the pads of butter in a [stainless steel saucepan](#) or [small stainless steel skillet](#) over medium heat.
2. Pre-heat the oven to 400 degrees.
3. Grease a [large stainless steel roasting pan](#) with olive oil and cover the bottom with sliced red onions. Drizzle more olive oil over the top of the onions.
4. In a bowl, toss the whole cherry tomatoes in olive oil and salt and arrange around the pan.
5. Set your timer for 15 minutes and place the pan with the onions and tomatoes in the oven.
6. Pat the fish dry (including the cavity) with paper towels and then brush the cavity with olive oil. Stuff it with parsley, scallions, and lemon slices, and then generously brush the outside with olive oil and sprinkle with salt, pepper, and garlic granules.
7. After 15 minutes are up, take the pan with the onions and tomatoes out of the oven and place the fish on top.
8. Sprinkle parsley over everything and add a few more slices of lemon on top of the fish.
9. Place the pan back in the oven and bake for about 25-30 minutes.
10. While the fish is roasting, prepare the potatoes. Clean them with a [veggie brush](#) and boil with skins on. Be careful not to overcook the potatoes because they will fall apart. If they're different sizes, you may have to remove the smaller ones before the larger ones, as they will cook more quickly. Test them with a fork to check their progress.
11. Once the timer has chimed after 25-30 minutes and your fish are almost done, turn your oven to broil and reset the timer to 3-5 minutes.
12. Remove when the fish looks lightly browned and de-bone it on a large wooden cutting board. Don't know how? [CLICK HERE](#) for a quick tutorial.
13. Serve with potatoes if desired. [Drizzle more olive oil](#) over everything on the plate and sprinkle with minced garlic and parsley, and garnish with lemon quarters.

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