

# Norman's BAKED SEA BASS



## Norman's Baked Sea Bass

This quick recipe is ideal if you have friends visiting for dinner, you want to cook something simple and at the same time impress them with minimal effort you put in to cook but great result in return. The flavour that can be whether from red or green curry paste (in fact with any other type of curry paste if you have in your kitchen pantry) blends in with the fish and all other ingredients you used.

For 2 people  
Ingredients

- 4 x Sea Bass fillets (about 100 -120g per fillet)
- Salt for seasoning
- 100g pak choy
- 8 stalks of fresh coriander
- 50g samphire (optional)
- 2 lemons, sliced into 8 slices
- 4 teaspoons red curry paste (alternative green curry or any curry paste)
- ¼ ginger flower (alternative 1 stalk lemongrass or 2.5cm ginger – julienned)
- 2 tablespoons chilli infused olive oil (or just olive oil)
- 2 tablespoons pomegranate seeds for garnishing
  
- 2 x Baking sheet paper (size 30cm x 30cm)
- 2 x Aluminium Foil (size 40cm x 40cm)

1. Preheat the oven to 200C/180C fan/Gas 6.
2. Season sea bass fillets with sea salt.
3. Brush with 1 teaspoon of curry paste on each side of sea bass fillet. Repeat for the remaining fillets.
4. On the baking tray, lay out two sets of aluminium foils with baking papers on top.
5. Arrange the pak choy on both sets of wrappers. This will create a bed for the fillets and trap any excess juice from the fish and other ingredients.
6. Next, arrange 4 lemon slices on each set and put the sea bass fillets, 2 fillets per set on top of the lemon slices, with skin down.
7. Arrange the remaining lemon slices on top of the fillets, followed by the fresh coriander.
8. Next put on the samphire and ginger flower. Sprinkle the chilli infused olive oil, 1 tablespoon for each set.
9. Wrap the ingredients tightly and sealed the aluminium foil so it will not leak.
10. Cook in the oven for 20 minutes. Remove from the oven and open up the parcels, garnish with pomegranate seeds. Ready to serve.