



## JERNEJ KITCHEN

# MEDITERRANEAN SEA BREAM WITH FENNEL AND TOMATOES

*This one-pan sea bream with fennel and cherry tomatoes is a light main dish, prepared in just 30 minutes.  
Perfect for hot spring and summer days.*

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
COOK:	25	MINUTES
TOTAL TIME:	35	MINUTES

### MEDITERRANEAN SEA BREAM WITH FENNEL AND CHERRY TOMATOES

800 g whole fresh sea bream (1.8 lbs) (or 2 large whole breams)

2 tbsp olive oil

4 cloves of garlic, thinly sliced

2 large fresh fennel

300 g cherry tomatoes (10.7 oz)

2 slices bio lemon

100 ml white wine (3.4 fl.oz)

50 ml water (1.7 fl.oz)

### TOOLS AND EQUIPEMENT

paper towels

sharp kitchen knife

large frying pan

### PREPARATION

Pat dry the fish with paper towels on both sides. Using a sharp knife cut the skin on both sides of the fish twice, approx 0.5 cm / 0.2-inch deep. Drizzle with olive oil. Clean the fennel and cut it on 2 cm (1-inch) slices. Halve the cherry tomatoes.

### PAN FRY THE FISH

Place a frying pan over medium-high heat. Add one tablespoon of olive oil. Gently place the fish into a hot pan. Cook for about 4 - 5 minutes on each side (depending on the size). Season with salt once you turn the fish.

### SAUCE

Add sliced garlic, fennel, cherry tomatoes and two slices of lemon to the fish. Pour in the white wine and water. Season with salt slightly (don't forget that the fish is salty already). Cook for about 10 minutes on low heat, then add the capers and cook for an additional 5 minutes.

### SERVE

Divide the dish between two plates. Add the veggies and serve. Optionally serve with [baked potato wedges](#) or [white bread](#). Enjoy.