



### Spiced Sea Bass with Baked Sweet Potatoes

This is a one pan dish, the juice from the cherry tomatoes keeps everything juicy.

Serves 4

- 600g sweet potatoes, peeled & cut into chunks
- 1 large onion, sliced
- 2 cloves garlic, thinly sliced
- 1 tbsp chopped thyme
- 125g cherry tomatoes, halved
- 2 tbsp rapeseed oil + a little extra
- 4 fillets sea bass
- 4 cardamom pods
- ½ tsp paprika
- ¼ tsp smoked paprika
- ¼ tsp ground turmeric
- ¼ tsp mixed spice
- Salt & pepper



1. Heat the oven to 200C/400F/Gas6
2. Toss the sweet potatoes, sliced onion, thyme, cherry tomatoes, garlic, oil, salt & pepper together in a roasting pan. Put into the oven and roast for 30 mins, turning half way through.
3. Crack the cardamom pods in a mortar and pestle. Remove the green husks and grind the seeds. Mix with the paprika, turmeric, mixed spice and a little salt & pepper.
4. Dry the fish fillets with kitchen paper, make two or three cuts diagonally through the skin on each fillet. Rub with a little oil and dust with the spice mix, rubbing some into each cut.
5. Once the sweet potatoes have been cooking for 30 mins, remove from the oven. Lay the sea bass over the top and return to the oven for 10 minutes. Serve with a green salad.

### Hints, Tips and Adaptations

*Gluten free, dairy free.*

*Use fish with the skin on, it keeps the flesh more juicy and helps prevent breakage when you're plating up.*

*Try using cod, bream, salmon etc as an alternative*

*Use ordinary potatoes instead of sweet.*