



### **Sea bass with a parsley and lemon crust and Lutosa broccoli and cauliflower gratin**

#### **For 4 people:**

- 80 g breadcrumbs
- 20 g roughly chopped fresh parsley
- 1 finely grated zest of lemon
- sea salt
- black pepper
- 6 soupspoons olive oil
- juice of 1 lemon
- 200 g rocket
- 2 shallots
- 4 sea bass steaks (not too thin; you could also use another white fish, such as cod or redfish)
- ± 800 g Lutosa broccoli and cauliflower gratin

Preheat the oven to 200°C. Place the required amount of Lutosa gratin in an ovenproof dish.

Put it in the hot oven for 30 minutes, until it is well browned. Place the breadcrumbs, garlic, parsley, lemon zest, salt, pepper and 2 soupspoons of olive oil in a food processor and chop finely. Arrange the fish on a baking tray covered with cooking foil and spread the breadcrumb mix over the fish steaks. Sprinkle with olive oil and put in the oven for 10 minutes or until the crust is well browned and the fish cooked through. Serve the steaks on a bed of rocket with the finely chopped shallots. Season the salad with a simple olive oil and lemon vinaigrette. Serve the broccoli and cauliflower gratin on the side. Enjoy!

*Wine: Sauvignon*

