COOKING PASSION SINCE 1877

Baked Flathead Fillets with Fennel, Tomato and Garlic Bread

DIFFICULTY: EASY

PREPARATION TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

SERVES: 4

Ingredients

4 flathead fillets

1 tbsp fresh dill, chopped

1 fennel bulb, thinly sliced

400g mixed cherry tomatoes

2 tbsp Gewurshaus Venetian Gondola Spice

¼ cup olive oil

Salt and pepper, to taste

Garlic bread

3 tbsp butter, softened

1 tsp Gewurshaus Garlic Salt

8 slices ciabatta bread

Method

Preheat oven on CircoRoasting to 180°C.

In a baking dish, toss together the fennel, tomatoes, the Venetian gondola spice and olive oil. Season with salt and pepper. Place dish on shelf level 3 and cook for 20 minutes or until fennel has lightly caramelised and tomatoes just soften.

While the fennel and tomato is cooking, make the garlic bread. Combine the butter and garlic salt. Spread butter on each side of the ciabatta slices.

After the 20 minutes of cooking time, add the fish and bread. Arrange two slices of bread and then a flathead fillet alternatively, gently pushing into the fennel and tomato mixture. Return baking dish to the oven and continue cooking for 15-20 minutes, or until fish is cooked and the garlic bread lightly golden. Sprinkle with dill and serve.

Notes

This recipe can be easily doubled to serve more people.

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