



Baked White Seabass with Lemon Herb Sauce

Written by Camilla Lombard

<https://www.seaforager.com/recipes/baked-white-sea-bass-with-lemon-herb-sauce>

Fast, fresh, and tasty, just like you!

Photo by Sea Forager superstar Matt McElroy

Ingredients

- 1 lb white sea bass, cut into two pieces
- Olive oil
- Chopped fresh herbs (any combo — dill, mint & parsley are great; use what's in season)
- 1–2 lemons (zest half of one and reserve the zest)
- 6 Tbsp olive oil
- Sea salt & pepper, to taste
- Splash of white wine (plus more for the chef)

Method

1. Preheat the oven to 375°F.
2. Prepare the fish:
 - Place the fillets in a baking pan.
 - Drizzle with olive oil and sprinkle with sea salt.
3. Bake on the middle rack for 15–25 minutes, depending on the thickness of your fillets.
 - Check for doneness at the 15-minute mark.
4. Make the lemon herb sauce:
 - In a food processor, combine the herbs, olive oil, lemon zest, and salt.
 - Blend briefly, then add more olive oil and a splash of white wine until you have a thick, spreadable paste.
5. Serve:
 - Plate the cooked fish and spoon the lemon herb sauce generously over the top.
 - Extra sauce is excellent with roasted or boiled potatoes and your favorite greens.
 - Add lemon wedges... and kiss the chef.