

# Spring sea bream



## Rezept für 4

### Ingredients for the spring sea bream

- 1 sea bream (approx. 1.2 kg), ready to cook
- 1 bunch of dill
- 1 bunch of thyme
- 1 unwaxed lime, zest finely peeled, flesh cut into slices
- 10 green asparagus, roasted
- 2 fennel, cut into slices
- 1 bunch of spring onions, halved lengthwise
- 3 tbsp olive oil
- ½ tsp fennel seeds, ground salt

### To prepare the spring sea bream

Rinse the fish (inside and out) in cold water, pat dry. Stuff a couple of sprigs of dill, thyme and lime slices into the belly of the fish. Place one large sheet of baking paper on a baking tray. Place the asparagus, fennel, spring onions, garlic and the remainder of the lime slices on top, along with the dill and thyme. Mix thoroughly with the olive oil, fennel seeds and a pinch of salt. Salt the sea bream and place on top of the vegetables. Top with the lime zest and a dash of olive oil. Cover with a second sheet of baking paper, fold the edges of both sheets together and secure with paper clips so that the fish is airtight. Cook for 25-30 minutes at 200 °C (hot air).