

## Sea Breams with cherry tomatoes, courgettes, olives and Ariosto seasoning for fish



Ingredients for 2 people:  
2 sea bass or sea bream or bass  
2 courgettes  
8 cherry tomatoes  
1 potato  
1 clove of garlic  
1 a handful of taggiasche olives  
Ursini  
some dried tomatoes some drops  
of lemon flavoured olive oil  
Ursini Extra Virgin olive oil  
Ursini  
seasoning for fish Ariosto  
rock salt

- 1) Clean and wash the fish and sprinkle some seasoning for fish Ariosto on the inner surface.  
Wash the zucchini and peel the potato than cut them into small pieces. It is important that they are cutted in small cubes, otherwise they would need a longer cooking time than the fish.
- 2) Place the fish in a roasting pan with the vegetables all around and whole tomatoes, add the olives, some chopped sun dried tomatoes and add a drizzle of olive oil. Sprinkle some salt on the vegetables.
- 3) Bake it in preheated oven for approx. 25 minutes at 180°.

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