

Baked Branzino Fillet with Potatoes

Learn how to make perfect baked branzino fillet with potatoes. Mediterranean sea bass recipe with herbs, lemon, and vegetables in 35 minutes.

10 min

PREP

25 min

COOK

35 min

TOTAL

2

SERVINGS

Medium

DIFFICULTY

Baked Branzino Fillet with Potatoes

Ingredients

- 0.8 lb branzino
- 3.2 oz potato
- 1 bunch fennel
- 10 tomato
- 1 lemon
- 1 cup olive
- 3 tbsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper

Instructions

- 1 Prepare the potatoes**

Bring a large pot of salted water to boil over high heat. Add the 0.8 lb baby potatoes and cook for 6-8 minutes until they are slightly tender when pierced with a fork but still firm. Drain completely and let cool for 10 minutes.
- 2 Preheat your oven to 374°F (190°C). Line a large baking sheet with parchment paper.**
- 3 Prepare the fish**

Pat the 3.2 oz branzino fillets completely dry with paper towels. Run your fingers along the flesh to check for any remaining bones and remove them with tweezers if found.
- 4 Prepare the vegetables**

Roughly chop the 1 bunch of fennel fronds into bite-sized pieces. Cut the 10 cherry tomatoes in half. Lightly crush the 1 olive with the flat side of a knife and remove the pit if needed.
- 5 Season the vegetables**

In a large bowl, combine the cooled potatoes, chopped fennel fronds, halved cherry tomatoes, and crushed olive. Add the 1 cup lemon slices, drizzle with 3 tablespoons olive oil, and season with 1 teaspoon sea salt and 1 teaspoon black pepper. Toss everything together until evenly coated.
- 6 Assemble and bake**

Spread the seasoned vegetable mixture evenly on the prepared baking sheet. Nestle the branzino fillets among the vegetables, ensuring they sit flat on the pan. Bake for 18-22 minutes until the fish flakes easily when tested with a fork and the potatoes are golden brown.

7 Remove from oven and let rest for 2-3 minutes. Serve immediately while hot.

Tips

Choose the freshest branzino fillets possible - they should smell like the ocean, not fishy. Fresh fish makes all the difference in the final dish.

Pat the fish completely dry with paper towels before seasoning to ensure proper browning and prevent steaming in the oven.

Pre-cook the baby potatoes for 6 minutes to ensure they finish cooking at the same time as the delicate fish fillets.

Don't overcrowd the baking pan - ingredients should be in a single layer to cook evenly and allow proper caramelization.

Check for doneness by gently pressing the thickest part of the fillet - it should feel firm and flake easily when done.

Let the dish rest for 5 minutes after baking to allow the juices to redistribute and the flavors to meld together.

Save some fresh fennel fronds or herbs to garnish the finished dish for a beautiful presentation and fresh aroma.

If your fillets have skin, place them skin-side down for the crispiest texture, or remove the skin entirely if preferred.