

BREAM STUFFED WITH WALNUT AND POMEGRANATES

Source: The Times Magazine
Serves 4



- o Bream, cleaned trimmed and scaled – (about 350g each)
- o Salt and pepper
- o Garlic, finely chopped – 3 cloves
- o Red chili, dried and crumpled – 1
- o Walnuts, roughly chopped – 100g plus few more toasted to serve
- o Extra virgin olive oil – 4 TBSP plus more to cook and serve
- o Lemons – juice of halve plus lemon wedges to serve
- o Pomegranate molasses – 2 tsp
- o Honey – 2 tsp
- o Coriander leaves – 30g
- o Pomegranate seeds – 100g plus more to serve

roasting tins.

- 1.** Preheat the oven to 200°C (fan 220°C)
- 2.** Make two diagonal cuts in the flesh of the fish on each side.
- 3.** Season their insides. Mix the rest of the ingredients together and season. Put this mixture inside each fish and lay them in a lightly oiled roasting tin, or in two separate oiled
- 4.** Season the outside of the fish and drizzle with olive oil.
- 5.** Cook for 20 minutes, then check the fish at their thickest parts. The flesh should be white, not glassy.
- 6.** If not yet ready, return to the oven for another 4 minutes or so.

To serve

Scatter with toasted walnuts and pomegranate seeds, drizzle with olive oil. Serve immediately with lemon wedges.