

## SIMPLE OVEN-BAKED SEA BASS

SUBMITTED BY A COOK UPDATED: JULY 04, 2022

"If you're looking for a simple recipe that really preserves the delicate flavor of sea bass, then I highly recommend you try this one. You can try this with other types of fish but my version used a Chilean sea bass. The original recipe came from SparkRecipes and this is my simplified version of it." - aMused Chef, [geniuskitchen.com](http://geniuskitchen.com)

**ACTIVE TIME:** 0, 10 **TOTAL TIME:** 0, 30

### INGREDIENTS

- 1 pound sea bass (cleaned and scaled)
- 3 cloves garlic cloves, minced or crushed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh parsley leaves
- 2 teaspoons fresh coarse ground black pepper
- 1 tablespoon salt
- 2 wedges lemon
- 1/3 cup white wine

### PREPARATION

Preheat oven to 450F°.

In a cup, mix garlic, olive oil, salt, and black pepper.

Place fish in a shallow glass or ceramic baking dish.

Rub fish with oil mixture.

(Optional) Pour wine over fish.

Bake fish, uncovered, for 15 minutes; then sprinkle with parsley or Italian seasoning and continue to bake for 5 more minutes (or until the thickest part of the fish flakes easily).

Drizzle remaining pan juices over fish and garnish with lemon wedges.