Ingredients

- 1 whole sea bream (cleaned)
- Olive oil
- Lemon slices
- Garlic
- Fresh herbs (parsley/thyme)
- Salt & pepper

Method

- Preheat oven to 180°C
- Place fish in a tray, drizzle with olive oil
- Stuff with lemon, garlic, and herbs
- Season and bake for ~25–30 minutes

Mediterranean Baked Sea Bream (Dorada)

4 servings 30 minutes

TIPS FOR SUSTAINABLE SEAFOOD PURCHASING

Look for Certification Labels: Choose seafood with MSC, ASC, or FairTrade labels.
Buy Local and Seasonal: Support local fisheries.
Support Responsibly Farmed Fish: choose species raised in environmentally responsible aquaculture systems.
Check for Traceability: Choose seafood with clear information on its origin and harvesting methods.

Ingredients

- 300g dried tagliatelle
- 1 large onion, finely chopped
- 2 tbsp olive oil
- 150ml dry white wine
- 200ml tub crème fraîche
- 2 x or 1lb 2oz packs mussels in garlic butter sauce
- good handful flat leaf parsley
- 2 tbsp fresh chopped tarragon

Method

STEP 1. Put a large pan of water on to boil for the pasta. Fry the onion in the oil for 10 mins until softened and starting to colour. Pour in the wine, turn up the heat and let it bubble away until it reduces.

STEP 2. Boil the pasta for 10 mins. Add crème fraîche to the onions, bring to the boil, tip in the mussels and cook for 5 mins until open (discard any that don't). Drain the pasta, return to the pan and tip in the mussel mixture. Toss with the herbs and serve.

Tagliatelle with mussels & crème fraîche

4 servings 25 minutes

A simple-but-special main course, it's meat-free and perfect for a Friday night.

TIPS FOR SUSTAINABLE SEAFOOD PURCHASING

Diversify your choices: Opt for less popular, abundant species like sardines or mussels to ease pressure on overfished stocks.
Ask questions at the market: Inquire about the origin of the seafood, how it was caught or farmed, and whether it was sourced sustainably.
Reduce Waste: Plan meals carefully to avoid buying more seafood than you can consume.