

# Sea Bass in Papillote

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/black-sea-bass-japanese-recipe>

## Ingredients:

- 3 tablespoons extra-virgin olive oil
- 24 ounces black sea bass or striped bass, 1/2 to 1 1/4 inches thick with skin
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 lemon slices thin, less than 3/4 inch thick; from 1 large lemon
- 8 sprigs fresh thyme
- 2 garlic cloves very thinly sliced
- 12 cherry tomatoes halved
- 1 1/2 tablespoons capers drained bottled

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 12 grams
6. Protein: 34 grams
7. SaturatedFat: 3 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams

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