

Spice-Crusted Sea Bass with Caramelized Fennel

A blood sugar-friendly fish dinner featuring aromatic spices and fiber-rich fennel that won't spike glucose levels while delivering exceptional flavor.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 2

GL 2.4 / GI 20

Ingredients

- Whole seeds for aromatic crust** fennel seeds
- Adds earthy warmth** cumin seeds
- Provides subtle heat** mustard seeds
- Anti-inflammatory spice** ground turmeric
- Heart-healthy fat** extra virgin olive oil
- High-fiber, low-GI vegetable** fennel bulb, thinly sliced
- Boosts metabolism** fresh red chili, finely chopped
- Rich in omega-3 fatty acids** whole sea bass, gutted and scaled
- Vitamin C and bright acidity** lemon, thinly sliced, plus wedges for serving
- Fresh herb garnish** fresh coriander leaves

Instructions

Step 1

Preheat your oven to 220°C (425°F). While the oven heats, combine the fennel seeds, cumin seeds, mustard seeds, and turmeric in a small bowl, mixing thoroughly to create your spice blend.

Step 2

Tear off a large piece of aluminum foil, approximately 50cm long, and brush the center with the olive oil. This will prevent sticking and help the fennel caramelize beautifully.

Step 3

Arrange the sliced fennel bulb in an even layer on the oiled foil. Sprinkle one-third of your spice mixture over the fennel, followed by half of the chopped chili. Season with a pinch of sea salt and freshly ground black pepper.

Step 4

Pat the sea bass completely dry with paper towels—this helps the spices adhere. Rub the remaining spice mixture all over the exterior of the fish and inside the cavity, along with the remaining chopped chili. This ensures every bite is flavorful.

Step 5

Place the seasoned fish directly on top of the fennel bed. Stuff the fish cavity with the lemon slices, which will infuse the flesh with citrus aromatics as it cooks.

Step 6

Bring the long edges of the foil together and fold them over several times to create a tight seal. Crimp the short ends securely to create a sealed parcel that will trap steam and cook the fish perfectly.

Step 7

Transfer the foil parcel to a baking sheet and place in the preheated oven. Bake for 15 minutes—the fish should be opaque and flake easily when tested with a fork.

Step 8

Carefully open the foil parcel (watch for hot steam), transfer the fish and fennel to serving plates, scatter with fresh coriander leaves, and serve immediately with lemon wedges on the side. For optimal blood sugar control, eat the fennel first, then the fish.