



## Oven baked fish

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1. Preheat the oven to 200°C..
2. Grease a baking tray and on the bottom spread 600-700 g cut potatoes. Season with salt, black pepper and olive oil and bake for 20-25 minutes.
3. Season 1 kg fish filets with salt, black pepper, olive oil and **2 tbsp Black Sea spice mix** and put it in the baking tray over the potatoes.
4. Slice 2-3 tomatoes and spread as the final layer in the tray. Season with some salt, black pepper and olive oil.
5. Return the tray to the oven and bake for 20-30 minutes or until the fish is cooked.

## Pepper stew

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1. Heat 8 tbsp of oil over medium heat. Add 3 chopped onions with a pinch of salt and cook for 7-8 minutes, stirring occasionally.
2. Cut 2 kg sweet peppers (mixed green and red) into pieces. Add to the onions and cook until they change color - about 15 minutes, stirring all the time.
3. Reduce heat to low, cover and cook for another 10 minutes.
4. Add ½ cup hot water, 2 tbsp Black Sea spice mix, salt and black pepper to taste and cook with a lid until the water evaporates (about 15 minutes).
5. Add another ½ cup hot water and cook until you get the desired consistency.
6. Serve garnished with finely chopped parsley.