Sea Bass

Contains bones



Platter for 1 | Contains Fish - Gluten

INGREDIENTS

- 1 Sea Bass Whole
- 200g Side
- 60ml Ladolemono

GRILLED

- 15g OB Dry Mix
- 20ml Rapeseed Oil

METHOD

1. Grilled:
2. Dust the sea bass with OB dry mix. Shake off any excess.
3. Grill the sea bass on the hot flat top.
4. Grill until the fish is firm and turns white.
5. Needs 20 minutes to be cooked.

GARNISH

- 1 lemon wedge
- Spring Onion

EQUIPMENT

- Flat top grill
- Spatula

NOTES

- Contains bones