Sea Bream Fillet

Grill the fillet side first and then the skin



Platter for 1 | Contains Fish - Gluten

INGREDIENTS

- 2 x 150g Sea Bream Fillets
- 200g Side
- 40ml Ladolemono

GRILLED

- 15g OB Dry Mix
- 20ml Rapeseed Oil

METHOD

1. Grilled:
2. Dust the sea bream with OB dry mix. Shake off any excess.
3. Grill the sea bream on the hot flat top.
4. Grill until the fish is firm and turns white.
5. Grill for 3 minutes on both sides. Cajun
6. Dust the sea bream with OB dry mix and season with Cajun spice.
7. Grill the sea bream on the hot flat top. Grill until the fish turns firm and white
8. Grill for 3 minutes on both sides.

GARNISH

- 1 lemon wedge
- Spring Onion

EQUIPMENT

Flat top grill
Spatula

NOTES

- Grill the fillet side first and then the skin