



Sea Bream Fillet

Grill the fillet side first and then the skin

Platter for 1



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