Grilled Sea Bream (Whole)

Whole 350g sea bream grilled on the bone with lemon garlic butter or the guest's sauce.

Large coloured plate and small sauce bowl.

Contains Fish - Gluten - Dairy

INGREDIENTS

- 350g Sea bream
- 15g OB dry mix
- 15ml Vegetable oil
- 1 × side of choice
- 30g Lemon garlic butter (3 butter pads) OR sauce of guest's choice

METHOD

1. Cut 3 lines on each side of the sea bream.
2. Dust the fish in OB dry mix.
3. Oil the grill and grill according to OB method, about 8 minutes each side.
4. Place the sea bream on a large coloured plate.
5. If lemon garlic butter is selected, melt it in a small pan and pour over the fish; otherwise serve the guest's sauce.
6. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g Spring onion (green garnish)

EQUIPMENT



- Flat top grill
- Spatula
- Large spoon
- Scale
- Knife

TIPS

- Guest info: allow 30 minutes cooking time.