

Grilled Bream



Serves 4 Prep 9 mins

Cooking 16 mins

Easy

Ingredients

4 individual sea bream, each weighing \pm 300g, scaled and gutted
4 tbsp olive oil
sea salt & freshly ground black pepper
4 tbsp fresh oregano
lemon wedges to serve
tomato & cucumber slices
small romaine lettuce

1. Preheat the grill to medium or set a ridged grill pan on the hob. Rinse the fish thoroughly inside and out and pat them dry with kitchen paper. Make 2-3 slashes on each side of the fish then drizzle with olive oil and season.
2. Place under the grill, or on the grill pan, and cook for 5 - 8 mins on each side until the skin is crisp and golden and the flesh is opaque. Test by inserting a small sharp knife into the thickest part of the fish.
3. Transfer to a serving platter and sprinkle with the chopped oregano. Garnish with lemon wedges and serve with the tomato, cucumber and lettuce salad.