

Sea Bream

Ingredients -

- Sea Bream
- Olives
- Rosemary
- Lemon
- Olive oil
- Salt & Pepper

Method –

1. You want your sea bream or other similar flat fish whole and the fresher the better. Ask your fishmonger to gut and descale it for you, leaving the head and tail on.
2. Roughly chop your rosemary, and olives, finely slice your lemon.
3. Mix up your rosemary, olives and add some salt and pepper with your olives. Stuff your fish with about 2 thirds of your mix and get 2 or 3 slices of lemon in the cavity too. Keep the rest of your mix for marinating the fish whilst it's cooking on the grill.
4. Brush some of your marinade mix on either side of the fish and get on a grill for between 5-7 minutes on each side. Flip halfway through adding more marinade mix and a couple more slices lemon on to the top after you have flipped it over.
5. Serve whole and enjoy!

