



Recipe
suggestions

Grilled lime gilthead sea bream (serves 2)

Ingredients

- > 2 headless, trimmed gilthead sea bream,
- > 2 tbs olive oil
- > 1 tsp clear honey
- > Juice and zest of ½ lime
- > 1 tbs fresh coriander, finely chopped
- > 1 clove garlic, crushed
- > 1 inch piece root ginger, peeled and finely grated
- > ½ tsp ground cumin
- > ½ tsp ground coriander
- > Salt and freshly ground black pepper

Method

- > Mix together olive oil, honey, lime juice, coriander, garlic, ginger, cumin, and coriander.
- > Place the sea bream on a foil-lined grill rack.
- > Spread one side of each bream with half the lime mixture.
- > Place under a preheated medium grill for 5-6 minutes.
- > Turn over, spread with remaining mixture and grill for a further 5-6 minutes or until the fish is cooked.
- > Garnish with new potatoes and green vegetables.

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