

Grilled Mediterranean Sea Bass

A simple and flavorful grilled sea bass recipe infused with Mediterranean herbs and a light lemon dressing. Perfect for a healthy and quick meal.



Mediterranean

20 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 1 sea bass fillet (about 200g)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp fresh thyme leaves
- 1 tsp fresh rosemary, chopped
- Salt and pepper, to taste
- 1 lemon wedge
- Fresh parsley for garnish

Steps

- 1 Preheat the grill to medium-high heat.
- 2 In a small bowl, mix olive oil, minced garlic, thyme, rosemary, salt, and pepper.
- 3 Brush the sea bass fillet with the herb oil mixture on both sides.
- 4 Place the fillet on the grill skin-side down.
- 5 Grill for about 4-5 minutes on each side or until the fish is cooked through and flakes easily with a fork.
- 6 Remove from grill and squeeze fresh lemon juice over the fillet.
- 7 Garnish with fresh parsley and serve immediately.