

Sea bass or Sea bream Fillet

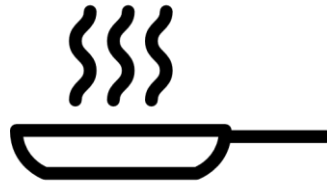


- Remove all packaging
- Fish is gutted, descaled, deboned
- Follow below suggestions
- Suggestions for **defrosted** product



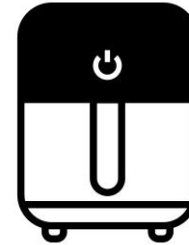
CONVENTIONAL OVEN

- **Preheat the oven** to 400°F (200°C).
- **Prepare the fillet:** Pat dry and season the sea bass fillet with salt and pepper. Lightly oil a baking dish or line it with parchment paper.
- **Bake the fillet:** Place the fillet skin-side up in the dish. Bake for 10-12 minutes, depending on the thickness, until the flesh is opaque and flaky.
- **Optional:** For crispy skin, broil for the last 2 minutes.
- **Serve:** Let it rest for a minute and serve.



SKILLET

- **Preheat the pan:** Heat a non-stick or cast-iron pan over medium-high heat with a drizzle of olive oil.
- Pat the sea bass fillet dry with paper towels. Season with salt and pepper on both sides.
- Place the fillet skin-side down in the hot pan. Press down with a spatula to keep the skin flat. Cook for 3-4 minutes, until the skin is crispy.
- **Flip and finish:** Flip the fillet carefully and cook for another 2-3 minutes until the flesh is opaque and fully cooked.
- **Serve:** Rest for a minute before serving to retain moisture.



AIR FRYER

- Preheat the air fryer to 375°F (190°C).
- **Prepare the fillet:** Pat dry, then lightly coat with olive oil, salt, and pepper.
- Place the sea bass fillet skin-side up in the air fryer basket. Air fry for 8-10 minutes, depending on the thickness, until the skin is crispy and the flesh is cooked through.
- Remove and serve immediately for the best texture