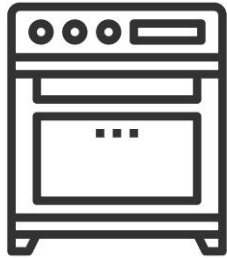


Sea bass or Sea bream (whole)



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



CONVENTIONAL OVEN

- **Preheat the oven** to 400°F (200°C).
- Clean and dry the fish.
- Make shallow slashes on both sides of the fish.
- Rub with olive oil, salt, pepper, dried oregano, and fresh lemon juice.
- Stuff the cavity with lemon slices and fresh oregano.
- **Bake the fish:**
- Place the sea bass on a lined baking sheet or in a baking dish.
- Bake for 20-25 minutes, depending on the size, until the fish is cooked through and flakes easily with a fork. The internal temperature should reach 135°F (57°C).
- Garnish with extra lemon and fresh oregano before serving



GRILL

- **Preheat the grill** to medium-high heat (around 375°F or 190°C).
- Clean the fish and pat dry.
- Make 3-4 shallow slashes on both sides of the fish.
- Rub the fish inside and out with olive oil, salt, pepper, dried oregano, and fresh lemon juice.
- Stuff the cavity with lemon slices, fresh oregano sprigs, and garlic (optional).
- Lightly oil the grill grates to prevent sticking.
- Place the fish directly on the grill or in a fish basket.
- Grill for about 6-8 minutes per side, flipping once, until the flesh is opaque and flakes easily with a fork. For larger fish, grill for around 10 minutes per side.
- Let the fish rest for a couple of minutes, then serve with extra lemon wedges.