

LEMON & HERB STUFFED SEA BREAM

(SERVES 1-2)

INGREDIENTS

Lake Crystal Salt

- 1 whole Sea Bream - cleaned
- 1 Lemon
- 1 glass white wine
- 25g of Melted Butter
- Bunch of Aromatic Fresh Herbs



METHOD

- Stuff cleaned fish with fresh herbs and 2-3 slices of lemon.
- Slash flesh with sharp knife and brush with melted butter; sprinkle white wine over skin and in the belly of the fish.
- Squeeze remaining lemon over body of fish and sprinkle generously with *Lake Crystal Salt*.
- Heat griddle; frying pan or BBQ until quite hot. Place fish in pan on moderate heat, turning once until cooked.
- Serve on a bed of wilted spinach and baby new potatoes.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.