

Mediterranean Baked Sea Bream

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sea-bream-recipe-indian-style>

Ingredients:

- 1 whole sea bream Gilt Head, aka Orata, Dorada, Dorate etc. Scaled and gutted. Mine was about 450 grams, if yours is more or less you...
- 1 lemon
- 5 cloves garlic peeled and split
- 2 sprigs rosemary fresh
- 2 tablespoons Greek seasoning mix store-bought or make my blend
- 2 tablespoons olive oil high quality, but no need to use anything gourmet as it's being baked
- 1 teaspoon flaky sea salt
- 1 tablespoon oregano dried
- 1 teaspoon marjoram dried
- 2 teaspoons thyme dried
- 2 teaspoons parsley dried
- 1 teaspoon onion powder
- 2 teaspoons black pepper freshly cracked
- 1 teaspoon fennel seed ground
- 1 teaspoon dill powder

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 590 milligrams

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