

# Fillets of Sea Bass with flaked almonds



Freshly caught and straight to the table in 10 minutes

This is a fantastic lunch if you are lucky enough to catch one fresh - although most fishmongers will have them. Also a good recipe for Trout and other delicate flavoured fish.

## Fillets of Sea Bass with flaked almonds

Preparation time: **10 mins**

Cooking Time: **10 mins**

- Sea Bass – filleted (one per portion)
- ½ fresh lemon
- Packet of flaked almonds
- Fresh parsley roughly chopped
- Seasoning/olive oil/butter



Clean the fish by making a long cut along the length of the stomach, remove the guts and wash out. Fillet by using a sharp filleting knife and after making a cut just below the gills, hold the fish firmly by the head and run the knife along the back bone towards the tail of the fish, finish just before reaching the tail fin itself. Turn over and repeat on the other side.



Place the fillets on a grill tray with a little olive oil to ensure the fillets don't stick to the pan. Put on a knob or two of slightly salted butter, and a little ground pepper. Place the fillets under a pre-heated grill for approximately 2-3 minutes.



Add the flaked almonds and a squeeze of lemon to each fillet and return to the grill for a further 60-90 seconds or until the almonds have begun to toast. Be careful not to burn the almonds as they only take a very short time to toast.

Add some roughly chopped parsley and serve with a wedge of lemon.