



WHISTLERGRILLS

# Whistle-Stop Sea Bass Fillets

SEA BASS FILLETS WITH GINGER, CARROT, CHILLI AND GARLIC, TOPPED WITH SHREDDED SPRING ONIONS.

A summer favourite! Whether you're looking for a light and healthy alternative to the usual barbecue for two, or one that will cater for many, this recipe is for you!

**Prep time** - 15 minutes **Cook time** - 10 minutes **Skill level** - Easy

## Ingredients

X4 line caught Sea Bass fillets (skin left on)

X2 tbsp Sunflower oil

X1 fresh peeled Ginger cut into match sticks. *Top Tip* - use a spoon to peel the skin from the ginger.

X1 peeled and shaved Carrot (use potato peeler to get the shavings)

X2 thinly sliced garlic cloves

X2 large fresh red Chillies (de seeded & thinly shredded)

X1 bunch of Spring Onions, shredded length ways

X2 tsp Soy Sauce

Sea salt & cracked black pepper

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## Method

1. Season the fillets with salt and pepper then slash the skin 3 times to prevent the fish from curling up
2. Turn the BBQ burners on full for 5 minutes to achieve a medium - high heat - they key is to get the flat plate to a high temperature. Add 1 tbsp of sunflower oil. *The side burner can also be used for this recipe. If so, use a heavy base frying pan*
3. Once hot fry the sea bass fillets, skin-side down for 5 minutes or so until the skin is crisp and golden
4. Turn the fish over, cook for another 30 seconds / 1 minute and then transfer to a serving plate. Put to one side and keep warm
5. Heat 1 tablespoon of sunflower and then fry the ginger, carrot, garlic and red chillies for roughly 2 minutes until golden
6. Take off the heat and toss in the bunch of shredded spring onions
7. Splash the fish with the soy sauce and spoon over the ginger, carrot, garlic, chilli and spring onions

This dish is delicious on its own but can be served with crushed and roasted potato bites and steamed broccoli topped with soy, chilli, lime and black sesame seeds.

Enjoy!



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