

Grilled Sea Bass With Walnut Gremolata

Yield: 2 serves | **Rating:** 4/5 | **Prep:** 10 min | **Cook:** 10 min | **Source:** thestranger.online

Gremolata is a traditional Italian herb condiment consisting of fresh lemon zest, minced garlic, Italian flat leaf parsley & a hint of mint.

However, changes can be made and you can switch items in and out. Gremolata is a very basic condiment and can be altered to make it go perfectly with many main entrees. The lemon zest, for example, can be replaced with orange zest for a slightly sweeter product, or choose to add mint.

Ingredients

Fish:

- 454 g fish (firm white, 2 fillets)
- 30 ml oil (olive, extra virgin)
- 5 ml salt (sea)
- 5 ml pepper (black)
- 1 lemon (juice)

Gremolata:

- 16 walnut halves
- 59 ml parsley (fresh, chopped)
- 1 lemon (large, zest)
- 1 garlic clove (minced)
- 10 ml oil (olive, extra virgin)

Notes

A firm white fish is best used here such as Sea Bass, a personal favourite, or cod, or grouper.



Instructions

1. Set a small dry pan over a low heat and toast the walnut halves for 2 minutes until they begin to brown, then immediately remove them from the heat and transfer to a bowl to cool.
2. Place the lemon zest, parsley, garlic and olive oil in a medium sized bowl along with the walnuts that have been finely chopped.
3. Lay the fish fillets on a plate and brush 1 tsp of the olive oil over each side and sprinkle 0.25 tsp sea salt and 0.25 tsp black pepper over the fillets.
4. Preheat a griddle pan or heavy skillet over a high heat then brush the pan with the 2 tsp of olive oil. Lay the fillets on the hot pan and immediately reduce the heat to medium. Grill the fillets for 3 to 4 minutes, depending on the depth of the fish, then turn over and grill for a further 3 minutes or until the fish is golden in colour and has reached an internal temperature of 65C, before transferring the fish to a serving platter.
5. Squeeze the lemon over the fillets and top each with 2 tbsp of the gremolata. Serve warm or cold, whilst the gremolata can be stored in the fridge for up to 4 days.