



Grilled Thyme Sea Bass

INGREDIENTS

[sea bass](#) 1 large, whole, gutted and cleaned

[lime](#) 1 sliced in 3 cm thicknesses

[thyme](#) fresh thyme 1 bunch

[rosemary](#) 1/2 teaspoon

[salt](#) 1 teaspoon (adjust to size of fish and preference)

[pepper](#) 1 teaspoon

[chili flakes](#) 1 teaspoon

[olive oil](#) 2 to 3 teaspoons

[garlic](#) 4 cloves finely chopped

[ginger](#) 1 teaspoon finely chopped

DIRECTIONS

Place your cleaned, gutted fish on an aluminum foil and diagonally insert deep slits 1.5 inches apart on both sides. Then, sprinkle salt and pepper, including on the inside of the fish and in the slits.

In a small bowl incorporate your olive oil, ginger, garlic, chili flakes, rosemary and about 3 sprigs of the thyme (chopped). Mix and apply all over fish – get into every nook and cranny and thoroughly coat the entire fish; again including the slits and the inside. Then place the lime slices inside the fish and tuck in chunks of the thyme sprigs in the slits and finally place about 6 to 8 sprigs inside the fish.

Refrigerate covered for about 30 minutes for all the flavors to soak through.

Grill the fish at 375 degrees for about 10 minutes, then flip and grill on the other side for another 10 minutes. I ended up grilling the fish on an aluminum foil outdoors because the fish was too large to manage and fit (hoping someone says that you won't see the grill marks). I guess in hindsight I've learned smaller fishes are easier to grill. If grilling isn't a favorable option for you, then bake the fish at 400 degrees in an aluminum foil for 20 minutes (cover the entire fish with a washing room and seal it at the top – you need to be able to open it to expose the top of the fish toward the end). Then open the package and broil on high for about 3 to 5 minutes until you see the fish get crispy and golden brown.