

Sea Bass fillets with Tarragon

Ingredients

4 x 175g/6oz sea bass fillets

large bunch of tarragon

2 tablespoons olive oil

4 tablespoons lemon juice

sea salt and freshly ground black pepper



Method

Heat a griddle pan or non-stick frying pan.

Put on the sea bass, skin side down and cook for 3 minutes.

Place a quarter of the tarragon on each fillet, pressing it into the fish.

Turn the fish so that it's resting on the tarragon and cook for a further 3 minutes.

To serve, drizzle the fillets with olive oil and lemon juice, and season to taste with salt and pepper.

Serve with the charred tarragon.