Grilled Sea Bass with Lemon-Garlic Asparagus

Tender grilled sea bass paired with crispy lemon-garlic roasted asparagus, perfect for a healthy, low-carb meal.

Servings: 2 **Time:** 30 minutes

Ingredients

- 12 oz sea bass fillets (2 fillets, about 6 oz each)
- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 lemon, zested and juiced
- Salt and black pepper to taste
- 1 tsp dried oregano
- Cooking spray or extra olive oil for grill

Instructions

1. Preheat grill or grill pan to medium-high heat.
2. Pat sea bass dry and season both sides with salt, pepper, and oregano.
3. Lightly oil the grill grates or pan to prevent sticking.
4. Grill sea bass fillets for about 4-5 minutes per side until fish flakes easily.
5. Meanwhile, preheat oven to 425°F.
6. Place trimmed asparagus on a baking sheet.
7. In a small bowl, mix 1 tbsp olive oil, minced garlic, lemon zest, and juice.
8. Drizzle mixture over asparagus, toss to coat, then season with salt and pepper.
9. Roast asparagus in oven for 12-15 minutes until tender and slightly crispy.
10. Serve grilled sea bass alongside roasted asparagus, garnished with extra lemon wedges if desired.

powered by dishgen