

Shopping List

For the BBQed Sea Bream:

2 x sea bream fillets

Small bunch of dill

1 fennel, thinly sliced

For the new potatoes:

500g new potatoes (feeds 4)

Small bag of fresh oregano

2 cloves garlic

Olive oil

Maldon salt



For your sour cream:

240g double cream

2 teaspoon lemon juice (or white vinegar)

60g milk

For your dressing:

100mls orange juice

50mls good olive oil

20g Dijon mustard

20g honey

30g white wine vinegar

2 oranges segmented

1 pomegranate deseeded

½ bunch dill picked

1 fennel, thinly sliced

