

Grilled Branzino with Tomato Salad | Light, Fresh Mediterranean Dinner

This light and flavorful **Grilled Branzino with Tomato Salad and Lemon-Herb Vinaigrette** is a summer favorite—perfect for brunch, a light dinner, or entertaining with friends. The flaky, tender branzino is balanced with a sweet and tangy cherry tomato salad, and everything's tied together with a zesty vinaigrette.

Fresh, seasonal, and ready in under 30 minutes—this is a dish that tastes like sunshine on a plate.



Recipe:

Ingredients:

For the Branzino Fillets:

2 branzino fillets, skin-on
1 tbsp olive oil
Zest and juice of ½ lemon
1 tsp fresh thyme or oregano, chopped
1 garlic clove, minced
Kosher salt and black pepper, to taste

For the Tomato Salad:

2 cups cherry tomatoes, halved
1 tbsp olive oil
1 tsp balsamic vinegar
1 tsp honey
1 tbsp fresh basil, chopped
Salt and pepper, to taste

For the Lemon-Herb Vinaigrette:

2 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
1 tsp Dijon mustard
1 small garlic clove, finely grated
1 tsp fresh parsley or basil, chopped
Salt and pepper, to taste
Optional: pinch of red pepper flakes

Directions:

Make the Tomato Salad

In a bowl, combine tomatoes, olive oil, balsamic vinegar, honey, basil, salt, and pepper. Toss gently and set aside to marinate.

Marinate the Branzino

Pat fillets dry. In a small bowl, mix olive oil, lemon zest, juice, garlic, and herbs. Brush onto both sides of the fillets and let sit 5–10 minutes.

Grill the Branzino

Heat a grill or grill pan to medium-high and brush with oil. Place the fillets skin-side down and cook undisturbed for 3–4 minutes. Flip carefully and cook another 2–3 minutes, until the fish flakes easily and is opaque.

Make the Vinaigrette

Whisk together lemon juice, mustard, garlic, herbs, salt, and pepper. Slowly whisk in the olive oil until emulsified. Taste and adjust seasoning.

Plate & Serve

Plate the tomato salad, top with grilled branzino fillets, and drizzle with the lemon-herb vinaigrette. Garnish with extra herbs and lemon wedges.