MEDITERRANEAN · LUNCH · DINNER

Whole Roasted Branzino with Lemon, Garlic and Herbs

30 min · Serves 2 · 385 kcal a serve · Video 6:59 · Downshiftology

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 54 g protein and under 1 g net carbs a serve: a whole fish roasted with lemon, garlic and herbs and just 2 tbsp olive oil for two.

Diet notes: Low carb (0.9 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.7 g, 6% of the energy).

Ingredients 7 · SERVES 2

- [ ] 2 whole **branzino** (European sea bass), about 450–680 g each, cleaned and scaled
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] **kosher salt**
- [ ] **freshly ground black pepper**
- [ ] 2 **lemons**, sliced (inside and around)
- [ ] 4 **garlic** cloves, smashed (taken out before serving)
- [ ] 6 sprigs **fresh herbs** (parsley, thyme, oregano or rosemary), plus more to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the cleaned, scaled fish on a lined baking tray, pat them dry inside and out, and score 3 shallow cuts on each side. 0:51
2. Rub the fish inside and out with olive oil and season well with salt and pepper. 1:08
3. Fill each cavity with two lemon slices, a couple of smashed garlic cloves and a few herb sprigs. 1:27
4. Lay the remaining lemon slices around the fish and roast at 220°C for 16–18 minutes, until the flesh is opaque and flakes easily; grill (broil) 1–2 minutes for crisper skin. 2:24
5. Serve whole, or cut off the heads, lift the fillets off the spine and pick out the pin bones. 3:38

> **Tip** Serves 2 (one fish each); the cook says 4 with plenty of sides. Sea bream or snapper work too. Her optional sauce: 120 ml butter melted with 2–3 garlic cloves, ¼ tsp salt and the juice of 1 lemon.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
385 kcal	54 g	1.1 g	0.2 g	17 g	890 mg
1,610 kJ	108% of a day	0.9 g net · 0.2 g sugars	1% of a day	2.7 g saturated	39% of a day
		0% of a day		22% of a day	

Energy from net carbs 1% · protein 58% · fat 41% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 298% · Selenium 182% · Vitamin B6 56% · Omega-3 45% · Vitamin K 28% · Potassium 23%

Source of (10–19%) Vitamin E 19% · Magnesium 18% · Vitamin D 15%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=zekBcufEahw, published 4 June 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/whole-roasted-branzino-lemon-herbs