



SEAFOOD GRILL

Prep Time: 1 hour

Cooking Time: 10 minutes

Difficulty Rating:

Ingredients:

- 1 x whole fish of your choice (scaled and cleaned)
- 1kg prawns (cleaned whole)
- 1kg mussels
- 1 x small bunch fresh dill
- 4 x fresh lemons – juiced
- 4 x fresh lemons cut into round slices
- 4 x cloves fresh garlic
- 1 x handful fresh parsley
- 1 x small bunch fresh lemon grass
- 1 x half thumb length of fresh ginger
- 2 – 6 x fresh chillies (depending on heat preference)
- 50 g grated parmesan cheese
- 100 ml Olive oil
- Salt and pepper to taste
- 50ml Butter

Together, made better, with you:

Method

The Fish

1. Chop the parsley, dill and chillies.
(Keep some dill aside for the stuffing)
2. Mix the herbs with the juice of 2 lemons, 50ml olive oil, half the grated ginger, 2 cloves of chopped garlic, and chopped chillies, to create a marinade.
3. Stuff the fish with slices of lemon, lemon grass and fresh dill.
4. Generously rub the fish with the marinade.

Prawns & Mussels

1. Melt the butter.
2. Add a tablespoon of freshly chopped parsley, the juice of 2 lemons and 2 cloves of garlic.
3. Save some of this mixture for the mussels.
4. Baste your prawns in this sauce.
5. Baste the mussels and add a pinch of Parmesan cheese to each one.
6. Pre-heat the grill to a high heat.
7. With your fish generously coated in marinade, place it on the grill.
Grill time depends on the thickness of the fish - roughly 10 minutes per inch (3 cm).
8. As soon as you turn the fish, add the basted prawns to the grill.
9. Close the lid.
10. When your fish is 2 minutes to ready, open the grill and remove it.
11. Place slices of lemon on the grill.
12. Return the fish to the grill, placing it on top of the lemon.
Now add the mussels.
13. Close the lid and allow the fish to finish cooking.
14. Your fish, prawns and mussels will all be ready at the same time.

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