



SEAFOOD BRAAI

Suitable for freezing.

There's nothing like a seafood extravaganza on a warm sunny day with friends and family. Try our versatile, zesty seafood braai recipe for a meal that'll go down in your book of memories.

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Prep time: 1 hour
Cook time: 10 minutes
Serves 4 - 6 people

INGREDIENTS:

- 2 tomatoes
- 1 x whole fish of your choice, scaled and cleaned
- 1kg prawns, whole and cleaned
- 1kg mussels
- 1 small bunch fresh dill
- 4 fresh lemons, juiced
- 4 fresh lemons, cut into round slices
- 4 cloves fresh garlic
- 1 handful fresh parsley
- 1 small bunch fresh lemongrass
- 1 half thumb length of fresh ginger
- 2 - 6 fresh chillies, depending on heat preference
- 50g grated Parmesan cheese
- 100ml olive oil
- salt and pepper, to taste
- 50ml butter

INSTRUCTIONS - 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, lemongrass and fresh dill.
4. Generously rub the fish with the marinade.

PRAWNS AND 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.

BRAAI:

1. Preheat the braai to a high heat.
2. With your fish generously coated in marinade, place it on the braai.
3. Cooking time depends on the thickness of the fish – roughly 10 minutes per 3 cm.
4. As soon as you turn the fish, add the basted prawns to the braai.
5. Close the lid.
6. When your fish is 2 minutes to ready, open the braai and remove it.
7. Place slices of lemon on the braai.
8. Return the fish to the braai, placing it on top of the lemon.
9. Now add the mussels.
10. Close the lid and allow the fish to finish cooking.
11. Your fish, prawns and mussels will all be ready at the same time.

MEGAMASTER RECIPE TIPS



TIP 01

If your fish is 3 cm thick, then you need to braai for 10 minutes – that's 5 minutes per side, turning once.



TIP 02

The mussels only need 2 minutes to cook in the closed braai.



TIP 03

Best served together with a leafy green salad and fresh rolls.