

Recipe of the Week

Grilled Garfish



12 Whole Garfish
1/4 cup Olive oil, plus extra to brush
2 tbs grated lemon rind
2 garlic cloves, finely chopped
2 tbs flat leaf parsley, chopped
1 tbs Capers, finely chopped
Lemon wedges to serve

Line a shallow baking tray with foil, then brush with olive oil. Clean and scale the fish, then lay flat on the baking tray. Drizzle with 1 tablespoon of olive oil, and season with salt and pepper.

Preheat the grill to high

Grill the fish for 1 1/2 minutes on each side.

Combine together the remaining oil, lemon rind, garlic, parsley and capers. Place fish on serving plates and spread the mixture over the top.

Serve with lemon wedges

Recipe from taste.com.au (Valli Little)