

Recipe of the Week!

BBQ Fish Wings

4—6 Fish Wings
1 clove crushed garlic
1 tablespoon olive oil
Dash of white wine
1 tablespoon chopped coriander
2 teaspoons crushed ginger
1 tablespoon honey

Mix together garlic, oil, wine, coriander, ginger and honey. Pour over the fish wings and leave to marinate for between 30 minutes and 2 hours. Toss regularly in the marinade to ensure even coating and marinating.

Heat a flat BBQ plate on medium high heat.

BBQ Fish Wings for a couple of minutes either side until cooked (do not overcook).

Enjoy!