

Ingham Road **SEAFOOD**

Grilled Bugs

with Chilli, Rosemary and Lemon Butter

Ingredients:

**4 Green Bugs—Cut in half
& Cleaned**

Extra Virgin Olive Oil

Lemon Wedges

100gm Unsalted Butter

**1 tablespoon Rosemary—
Chopped**

**1 tablespoon flat-leaved
parsley—Chopped**

**1 large banana chilli—finely
chopped**

Grated Zest of 1 Lemon

1 tablespoon Pernod

1 Garlic Clove—Minced



Mix butter, rosemary, parsley, chilli, lemon, pernod and garlic together. Season with sea salt and cracked pepper and wrap in plastic wrap. Refrigerate.

Preheat barbeque. Brush the bug flesh with extra virgin olive oil and place flesh down onto the barbeque plate.

Cook for 4 minutes..

Turn over and place a tablespoon of flavoured butter onto each bug half.

Cook a further 4 minutes or until the butter has melted and the bugs are cooked through.

Serve with lemon wedges