

SIMPLE GRILLED FISH

SERVES Fish pieces

PREP 5 mins

COOK 15 mins

TOTAL 20-25 mins



INGREDIENTS

- Small fish (clean and gutted)
- Salt

DIRECTIONS

1. Rinse the fish under tap water. To wash off extra blood or scale.
2. Pat dry the fish with a paper towel.
3. Cut off the fins (optional, can leave the fins on).
4. Line baking tray with baking paper or foil.
5. Place the fish on the tray.
6. Sprinkle salt on both sides of the fish.
7. Heat the grill on medium heat and add the tray in. Grill 15mins on each side or until the fish skin looks crisp. When ready take out to cool for 5mins.