



Spicy Grilled Tarakihi

Prep Time 10 minutes
Cooking Time 10 minutes
Serves 4

Ingredients

- 4 x 180 gram Tarakihi fillets
- 60ml lemon juice
- 60ml vegetable oil
- 30ml soy sauce
- 30 grams fresh ginger finely chopped
- 6 cloves garlic finely chopped
- 3 spring onions chopped
- 1t onion powder
- 1t ground paprika
- 1/2t ground cayenne pepper

Method

- Combine all ingredients (excluding fish) mixing well
- Place the fish fillets in a zip lock bag and pour the marinade in. Mix to coat
- Marinate for 1-2 hours
- Preheat large fry pan, BBQ or grill
- Add fillets to the hot surface to cook
- Turn after 2-3 minutes
- When cooked remove from heat and serve with steamed or stir fry vegetables