

Breco Seafood Braai Competition

Grilled salmon

By Zakiyya Gafoor



Seafood: Fresh salmon

Serves: 10

Preparation time: 1.5 hours

Cooking time: 1 hour

The story

Fresh fish always has the best taste..grilled fish due to health reasons became a dish I chose to make. It's been a favourite and healthy meal for me and my family. Also my husband and son a fisherman so we love catching fish. We are always fishing every weekend or when we get a chance.

Ingredients

3kg salmon

Bunch of thyme

4tsp fish spice

3 TSP crushed chillie flakes

4cloves of garlic

Salt and pepper

3 TSP Cajun spice

Drizzle of olive oil

2tbls butter

One lemon thinly sliced

Tub of Cherry tomatoes

One large red onion cut into rings

Method

Fillet fish open.

Mix the dry spices in the olive oil with the crushed garlic as well..marinate the. Fish and leave for about an hour. Overnight is good.

Place fish flat open on the foil.

Place onion rings and lemons slices and Chery tomatoes.

Place the butter over .

Close the fish as a whole..and ready for braai.