

Breco Seafood Braai Competition

Braai Carapau

By Palesa Thoabala



[Watch the submitted recipe video](#)

Seafood: Carapau / Mackerel

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

The story

This recipe is my favourite because it is simple yet full of flavour. I love the addition of whole grain mustard which adds some crunch to the skin of the fish on the braai. All the spices work together to make the fish delicious. The stuffed lemons, peppers and onions also infuse great flavour to the fish.

Ingredients

Carapau/ Mackerel 400g - 500g

2 tsp Salt

1/2 tsp Black Pepper

1 tsp White pepper

1 tsp parsley

1 tsp Lemon zest

2 tbs Olive oil

1 tsp Galic powder

1 tsp Paprika

1/2 tsp whole grain mustard

Method

Prepare the fire.

Take clean fish and pat dry.

Mix all the ingredients and brush outside the fish and inside the fish.

Stuff with sliced lemons, peppers and onions.

Put the fish in a braai grid for easy turning on each side.

For about 5 minutes until the skin is nice and crispy.