BRAAI SALMON IN A FOIL PARCEL

Serves 10 | Prep time: 1 hr 30 min | Cook time: 20 min



Zakiyya's husband and son fish every weekend, and this healthy grilled salmon parcel has become a family favourite.

RECIPE BY ZAKIYYA GAFOOR, DURBAN

INGREDIENTS:

- [ ] 3kg fresh salmon
- [ ] 20ml (4 tsp) fish spice
- [ ] 15ml (3 tsp) Cajun spice
- [ ] 15ml (3 tsp) chilli flakes
- [ ] 4 garlic cloves, finely chopped
- [ ] Salt and pepper
- [ ] Olive oil
- [ ] Bunch of thyme
- [ ] 1 large red onion, sliced into rings
- [ ] 1 lemon, thinly sliced
- [ ] 1 tub cherry tomatoes, halved
- [ ] 30ml (2 tbsp) butter

METHOD:

01. Fillet the salmon into two sides.
02. Mix the spices and garlic into a little olive oil. Rub over the salmon and marinate for about an hour, or overnight.
03. Lay the fillets skin-side down, side by side, on a large sheet of foil.
04. Top with the onion rings, lemon slices, tomatoes and thyme, and dot with butter.
05. Close the fish by placing one fillet on top of the other, skin on the outside, and wrap the foil tightly.
06. Braai over medium-hot coals for 15–20 minutes, turning halfway. Rest for a minute. It's done when the flesh is light pink and flakes easily.