



SEAFOOD

WHOLE BBQ BABY BARRAMUNDI

with Mediterranean
Marinade

INGREDIENTS

4 x Baby Barramundi (x 400g)

Marinade:

½ Tomato, diced

3 Lemons, 2 x zest + juiced, 1 x wedges

50g Capers

2 cloves Chopped Garlic

1 tsp Cummin

1 tsp Paprika

½ cup Chopped parsley

½ Onion, brunoise

50ml Olive Oil

Salt and Pepper

Equipment:

BBQ Mixing Bowl

Chopping Board Chef knife

Fish Slice GLAD Foil Wrap

Grease Proof Paper GLAD Oval

Roasting Pan or baking tray

METHOD

1. Light BBQ to high with the hood down.
2. In a bowl combine all marinating ingredients and taste for seasoning.
3. Clean and scale fish and remove excess fins to prevent burning.
4. Score fish in 3 incisions along fillet ½ ways through to spine each side.
5. Season fish on all sides with salt and pepper and add marinade to the incisions and centre of the fish along with slices of lemon wedges.
6. Prepare a square of foil covered with grease proof paper and place fish into paper. Fill fish with lemons and marinade and wrap tightly.
7. Turn centre BBQ jets off with 2 outside jets on only and place fish in centre of BBQ and close the hood. Our fish will cook for 25mins per kg – 15 mins. (BBQ will cook fish best after temperature sits on 200°C).
8. Fish will be tender to touch and eyes will be a pearl white when ready.
9. Once cooked, place onto a plate, unwrap and eat at once.
10. Great served with an unwooded chardonnay. Enjoy!



Preparation time: 15 minutes

Cooking time: 50 minutes (25 mins per kg)

Serves: 4

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