

I SEA FOOD on my Bar-B-Q!

Lets get this party started and make a pact.
More seafood on the grill this summer!
A simple seafood burger is a healthy alternative to chicken or beef. Here is an easy recipe that might stimulate you to cook more seafood.
Surprise your family!

SERVINGS: 4 | **PREP:** 10 minutes | **COOK TIME:** 10 minutes | **TOTAL TIME:** 20 minutes



INGREDIENTS

4 Stiped Bass (Substitute Mahi-Mahi Or Other Fish; 3oz. Each)

4 Hamburger Buns

1 Red Onion (Small & Sliced Thinly)

1/4 Cup Olive Oil

1 Teaspoon Herbs (Herb De Provence Or Fresh Sprigs Of Thyme)

INSTRUCTIONS

In deep dish or bowl, combine oil, lemon juice, garlic, herbs with sprinkle of course salt and pepper. Whisk a bit.

Place fish filets into marinade, turning to coat. Cover and place in refrigerator for 20-30 minutes.

Heat a cleaned grill to medium high temperature about 10 minutes before the fish is ready.

Remove the fish from the marinade and place on grill skin side down and season with a bit of salt and pepper. Brush the canola or coconut oil on pan

(Can use fish grill pan for Bar-B-Q or place on foil with oil)

In the meantime, toss sliced onion in left over marinade while the burger is cooking. (add more olive

1/4 Cup lemon Juice (Juice From Fresh Lemon)

1 Garlic Clove (Crushed)

1 Cup Canola (Can Use Coconut Or Other For Grill)

oil if need be).

Wrap the onions in a piece of foil or fish grill pan to warm, soften and release flavor.

Grill the fish until skin starts to get crispy or about 4 minutes.

Carefully turn filets and cook until just firm or when it turns opaque in center; about 4 minutes depending on thickness.

When fish is done, take both fish and onions off the grill and set aside while preparing burger buns.

Reduce the heat to medium low.

Brush the remaining marinade on your burger buns and place on grill for only a couple of minutes.

Place fish on bun, top with red onion and add anything you like!

You can use various types of fish like Mahi-Mahi, Tuna, Red Snapper, Halibut.

Photo by Olivemagazine.com

NOTES

Delicate fish should be placed on a fish grill pan for Bar-B-Q or foil.

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