



• RECIPE •

Lemon, Herb & Garlic Marinade Fish

This fresh and aromatic recipe will instantly transport you to the Mediterranean.

This recipe can be used as a marinade, delicious basting and a drizzling sauce when serving. When marinating poultry, meat or seafood, set aside a portion of the marinade for basting.

You can experiment with different citrus fruits in this recipe – Try oranges or limes for a zesty alternative.



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Lemon, Herb & Garlic Marinade Fish

INGREDIENTS

- 2 lemons, halved
- 1/4 cup olive oil
- 4 fresh thyme sprigs, leaves picked
- 2 fresh rosemary sprigs, roughly chopped
- 2 garlic cloves, crushed
- Freshly ground black pepper
- 1 x fresh salmon OR 1 x white fish fillet (grenadier, ling etc)
- Aluminum foil or baking paper
- Zip lock bags

METHOD

1. Juice the lemons. Cut each lemon in half and in half again. Place the juice, lemon pieces and oil into a large dish or zip lock bag.
2. Add thyme, rosemary, garlic and pepper to taste. Shake to combine or mix well in the dish.
3. Pour marinade mixture over the fish fillets, making sure to gently rub the marinade well into the flesh and marinate for 15-30 minutes in the fridge.
4. Bake fish in parcels, wrapped in foil or grill on the BBQ or nonstick baking dish in the oven.

