

Grilled Red Snapper Recipe

(Korean Recipes)

Ingredients: Serves 4-6

1 fresh red snapper fillet, or other white fish fillet (600g)

½ tablespoon salt

2-3 teaspoons sesame oil

Lemon slices, to serve

Fresh sprigs of parsley, to garnish

Method:

Rinse the fillet and pat it dry with paper towels. Sprinkle the fish on both sides with the salt and refrigerate for 30 minutes. Rinse briefly, then pat dry again. Brush both sides of the fish generously with sesame oil and grill under a hot grill for 5 minutes on each side until cooked. Serve with the lemon slices and garnish with a few sprigs of the parsley. Alternatively, instead of grilling, you can pan-fry the fish in a hot skillet with ½ tablespoon of sesame oil and 1 tablespoon vegetable oil.

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