



GRILLED FISH WITH NUT FILLING

HEAT LEVEL 

Savor Grilled Fish with Nut Filling - a delightful fusion of perfectly grilled fish and nutty goodness.

1 Hour

6 Servings

INGREDIENTS

2 fresh silvers (± 600 g each)

Coarse salt

Lemon or lime wedges

Toothpicks or skewers

FILLING

45 ml (3 Tbsp) butter or margarine

1 medium onion, finely chopped

50 g pecan nuts, coarsely chopped

125 ml (½ cup) fresh breadcrumbs

15 ml (1 Tbsp) chopped fresh mixed herbs or 5 ml

(1 tsp) dried herbs

5 ml (1 tsp) Spur Seasoning Salt

5 ml (1 tsp) lemon zest (optional)

Freshly ground black pepper, to taste

BASTING

30 ml (2 Tbsp) fresh fennel or dill, chopped

45 ml (3 Tbsp) fresh lemon juice

45 ml (3 Tbsp) olive oil

60 ml (¼ cup) [Spur Grill Basting Sauce](#)

2 cloves garlic, crushed

5 ml (1 tsp) Spur Seasoning Salt

Freshly ground black pepper, to taste

METHOD

- 1 Sprinkle coarse salt on inside and outside of fish. Leave to stand for about 30 minutes. Rinse off salt and pat dry with a paper towel. Use a sharp knife to slash a few deep cuts diagonally into skin on both sides.

Filling

- 1 Heat butter in a medium heavy-based saucepan and sauté onion for a few minutes until soft. Add remaining ingredients.
- 2 Stuff fish with the nut mixture and close securely using toothpicks or skewers to ensure that filling does not fall out.

Basting sauce

- 1 Mix all ingredients together.
- 2 Place fish in an oiled hinged grid over moderate coals and grill for about 15-20 minutes. Turn and baste frequently on both sides with basting sauce until golden brown. Serve with lemon wedges.
- 3 Use leftover fish in a salad or phyllo pastry parcels.

VARIATIONS

None

