



Grilled Fish Steaks

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

This grilled fish recipe is very simple My husband is not much of a fish lover but when I made this recipe with halibut he very much enjoyed it

Ingredients

- - 6 tablespoons olive oil - 1 tablespoon fresh lemon juice - 1 tablespoon chopped fresh parsley - 1 clove garlic
- minced - 1 teaspoon dried basil - 1 teaspoon salt - 1 teaspoon ground black pepper - 2 (6 ounce) fillets halibut

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Combine olive oil
2. lemon juice
3. parsley
4. garlic
5. basil
6. salt
7. and pepper together in a stainless steel or glass bowl. Dotdash Meredith Food Studios Place the halibut fillets in a shallow glass dish or a resealable plastic bag; pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour
8. turning occasionally. Dotdash Meredith Food Studios Preheat an outdoor grill for high heat and lightly oil the grate. Set grate 4 inches from the heat. Dotdash Meredith Food Studios Remove halibut fillets from marinade and drain off any excess. Cook on the preheated grill until fish flakes easily with a fork
9. about 5 minutes per side. Dotdash Meredith Food Studios Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
10. ingredients
11. cooking method
12. etc.
13. the actual amount of the marinade consumed will vary.