



## Grilled Grouper Tangerine

Serves 4

### Ingredients

- 4 grouper filets (6 to 7 ounces)
- Juice and zest from two tangerines
- 2 tablespoons dry white wine
- 3 tablespoons extra virgin olive oil
- 1 teaspoon fresh rosemary
- 1/2 teaspoon fresh thyme
- 1/4 teaspoon course ground black pepper
- vegetable cooking spray
- 2 tablespoons minced scallions
- 2 tablespoons red bell peppers (diced)
- fresh herbs to garnish

### Directions

- Prepare the citrus marinade, zest both tangerines and mince fine. Combine the zest, olive oil, juice from one tangerine, white wine, herbs and course ground black pepper in a small bowl and mix well. Place the four grouper filets in a shallow dish and pour the marinade over the fish, marinade for two hours. Pour the marinade off the fish and into a small bowl and reserve for basting.
- Clean the grill well before getting it hot, this will help ensure the fish will not stick while cooking. Start with a grill brush and remove any burnt on material. After words with an old towel that has been slightly oiled with plain vegetable oil rub the grill down.
- Preheat the grill for 5 minutes over high heat. Once the grill is very hot reduce the flames to a medium setting and grill the grouper filets for 4 to 5 minutes on each side or until the fish as reached an internal temperature of 145 degrees.
- Garnish with the fresh herbs of your choice. This fish entree works very well in the summer time with cous cous or a boiled baby red potato and grill vegetables.