



From Our Boats To Your Table!

Grilled Triggerfish

Serves 4

Ingredients

- 4 Triggerfish Filets
- 1 stick melted sweet, salted butter.
- 1/4 teaspoon of garlic
- salt and pepper to taste
- 1 lime squeezed
- 1 lemon squeezed
- 2 tablespoons of mayo (any kind)

Directions

- Take the stick of butter and melt it on low heat.
- Add garlic, salt, pepper, lemon and lime juice to melted butter and keep warm.
- Preheat your grill to 425.
- Brush both sides of the triggerfish filets with mayo. (The mayo keeps the fish from sticking to the grill.)
- Place your triggerfish filets on the grill.
- Cook on one side for about 5 to 6 minutes and then carefully turn them over.
- Take the butter, garlic and juice mixture and baste over the top of each triggerfish filet.
- Close the lid and cook for another 4 or 5 minutes.
- Take your spatula and slide up under each filet to ensure they are not sticking.
- If not, flip the triggerfish filets again. Baste again. Close lid for one more minute. Open the grill lid and fork the triggerfish filets. If they are flaky and gently pull apart with resistance, they are ready.
- Serve the Grilled Triggerfish filets over a bed of rice pilaf or over a dinner salad.