Grilled Spicy Whole Linefish
RECIPE

Grilled Spicy Whole Linefish

Cooking time	35 mins
Preparation time	5 mins
Serves	6

Wow everyone at the next braai with this spicy whole linefish. Basted with Royco® Cape Malay Curry Cook-in Sauce and grilled to perfection over the coals.

Ingredients

- 2 kg fresh, whole Linefish
- 1 lemon, sliced
- 3 ml salt and pepper
- 1 pouch Royco® Cape Malay Curry Cook-in-Sauce 415g
- 30 ml Coriander leaves
- 1 lemon, cut into wedges

Vegetarian

This same method can be used for cauliflower steaks. Slice cauliflower to get flat 'steaks' of of the widest part. Baste and cook before grilling on the braai to add a delicious smokey flavour.

Family Friendly

Take the kids along to buy the whole fish for this recipe, whether to the harbour or your local fish monger, kids enjoying seeing the source of what's on their plate.

Method

1. Preheat the oven to 180°C
2. Make 3 slashes on each side of the fish, season and stuff the cavity with lemon slices.

To Cook:

1. Oven- Place fish on a foil covered baking tray, brush liberally with the Royco® sauce. Bake at 180°C for 30 minutes, basting frequently, then grill for 5 minutes.
2. Braai- Brush the fish liberally, inside and out with the Royco® sauce. Place in a fish

grid and braai over medium coals, basting frequently, for aprox. 10 minutes per side.
3. Garnish with fresh coriander leaves and serve with extra lemon wedges
4. If the dorsal fin of the fish comes out easily when pulled, the fish is cooked. The flesh should also be opaque and come away from the bones easily

Recipe Tags

Wet Cook In Sauce, Fish, Light Meal, Curry

Related Recipes

Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins

Pork Chops with vegetable skewers

Cooking time

25 mins

Preparation time

15 mins

Mushroom Pork Bangers & Creamy Mash

Cooking time

30 mins

Preparation time

15 mins

Roasted Butternut & Beetroot Salad

Cooking time

45 mins

Preparation time

15 mins

Sausage And Potato Casserole

Cooking time

25 mins

Preparation time

15 mins

Roasted Summer Veg with Herby Feta

Cooking time

30 mins

Preparation time

10 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins

Bangers & Vegetable Mash Pie

Cooking time

45 mins

Preparation time

15 mins

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