Grilled Snoek with Thai-Flavoured Herb Butter

Cooking time	25 mins
Preparation time	15 mins
Serves	8

Grilled snoek is a classic, delicious South African dish that’s perfect for a family gathering. This simple recipe uses fresh herbs, butter and gentle spicing to elevate the natural taste of the fish. Serve with home-made garlic bread.

Ingredients

- 45ml (3 Tbsp) melted butter
- 15ml (1 Tbsp) finely chopped fresh mint
- 15ml (1 Tbsp) finely chopped fresh dill
- 15ml (1 Tbsp) finely chopped celery
- 15ml (1 Tbsp) dried garlic flakes
- 1 whole snoek, scaled, gutted and butterflied
- 1 x Royco® Thai Green Curry Dry Cook-In Sauce – use 2 Tbsp (30ml)
- 15ml (1 Tbsp) freshly squeezed lemon juice

Recipe developed for Royco by @leyfortskitchen

Cook’s tips:

- Keep basting the fish with the butter mixture throughout the cooking process to keep it moist and add extra flavour.
- If you choose to braai the fish, use indirect heat on the grill to avoid burning the skin. Place the fish skin-side down on the grid, basting it with the butter mixture regularly. Braai for about 15 minutes, checking for doneness with a fork.
- Make sure your grill or oven is preheated. This ensures even cooking and a crispy skin.
- Snoek cooks quickly, so keep an eye on it. Overcooking can make the fish dry, so once the flesh flakes easily, it’s done.
- Fresh herbs like mint, celery, and dill make a big difference in flavour, so try to use fresh rather than dried herbs for the best taste.

- Lemon for brightness: just before serving, add a generous squeeze of fresh lemon juice, which will enhance the flavour of the fish and add a nice, zesty balance to the richness of the butter.
- The fish pairs wonderfully with home-made garlic bread, roasted vegetables, or a fresh salad for a complete meal.

Method

1. Heat your oven grill (if you're grilling the fish), or preheat the oven to 190° C (if you are baking it).
2. Prepare the herb butter mixture: in a bowl, mix the melted butter with the mint, dill, celery and garlic flakes. Stir for about 1 minute, until well combined.
3. Apply the butter mixture: pour the butter mixture evenly over the whole snoek, making sure to coat both sides of the fish.
4. Add the Royco flavouring: sprinkle 2 Tbsp (30ml) of the powder from the sachet of Royco® Thai Green Curry Dry Cook-In Sauce over the top of the fish and gently rub it into the flesh.
5. Prepare for grilling: brush the skin of the fish with a little extra melted butter. Place the fish on a baking tray or grilling rack.
6. Cook the fish: place the fish under the grill or on the middle shelf of the preheated oven. Cook for 25 minutes, basting the fish with the butter mixture every few minutes. This will ensure the fish stays moist and flavourful.
7. Check for doneness: the fish is ready when the flesh flakes easily with a fork and the skin is golden brown and crispy.
8. Sprinkle the lemon juice over the snoek and serve hot with garlic bread on the side.

Recipe Tags

Dry Cook-In Sauce, Fish

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Preparation time

20 mins

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Cooking time

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Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

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Preparation time

10 mins

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Cooking time

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Preparation time

10 mins

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Cooking time

25-30 mins

Preparation time

5 mins

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30 mins

Preparation time

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