

Gremolata Catch

Ingredients:

Catch (your choice)

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|------------|----------------|
| 1 teaspoon | Olive oil |
| ½ teaspoon | Salt |
| ½ teaspoon | Pepper |
| 1 Pound | Catch, cleaned |

Gremolata

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|---------------|--|
| 1 cup | Parsley leaves, fresh, chopped |
| 1 bunch | Scallions, green parts chopped |
| 1 each | Chili peppers (such as jalapeno), seeded, minced |
| ¼ cup | Capers, rinsed, chopped |
| 2 each | Garlic cloves, minced |
| 1 each | Lemon, zested, and juiced |
| 2 Tablespoons | Extra virgin olive oil |
| ¼ teaspoon | Ground black pepper |



Method:

Catch

- Pre-heat grill on high.
- Spray with non-stick cooking spray.
- Season each fillet with salt and pepper.
- Lay filet on grill.
- After cooking for 3-5 minutes. Or until a white ring forms at the bottom of the protein and the protein easily comes off of the grill.
- Then flip and repeat cooking as stated above.

Gremolata

- Combine all ingredients in bowl. Serve on fresh catch.

Nutritional Information:

Servings: 4 | Calories: 180 | Fat: 8 grams | Sodium: 350 milligrams
Carbohydrates: 5 grams | Protein: 22 grams | Fiber: 2 grams