

PrimeFish Fresh Mint & Green Chilli Grill Kit

A spicy, zesty grilled fish with fresh mint, lime and bird's eye chilli — wrapped in banana leaf and foil, then barbecued.



MARINATE

20 min

GRILL

10 min

RECIPE KIT CONTENTS

- ☐ Prime Fish
- ☐ Mint Spice Mix
- ☐ 1 banana leaf
- ☐ Aluminium foil

MINT SPICE MIX PACK (INGREDIENTS)

- ☐ 1 cup fresh mint leaves
- ☐ 1 whole lime (juiced and zested)
- ☐ 2 to 4 birds eye chilli (adjust for heat)
- ☐ 3 garlic cloves
- ☐ 1-inch piece of ginger
- ☐ 2 tbsp olive oil
- ☐ Salt to taste

UTENSILS

- ☐ Frying Pan

NUTRITION (approx.)

Protein ~70 g

Carbs ~3 g

Rich in Omega-3, vitamin B12 and selenium

BEFORE YOU START

Keep the kit chilled until you cook. The masala is pre-mixed and ready to use.

METHOD

1 Apply the marinade

Rub the paste all over the fish.

Fill the inside cavity and work it deep into the slits.

2 Wrap and chill

Cover the fish tightly with the banana leaf and aluminium foil.

Refrigerate for 30 minutes.

3 Preheat the grill

Heat the barbecue to medium-high heat — roughly 400°F (204°C).

Clean the grill grates.

4 Barbecue the fish

Place the fish on the grill and cook for 6 to 8 minutes.

Flip carefully using a spatula and cook another 6 minutes.

The flesh should flake with a fork, and the internal temperature should reach 145°F (63°C).

5 Garnish and serve

Remove from the heat and rest for 3 minutes.

Garnish with fresh mint and serve with lime wedges.