Mint & Green Chilli Grill

Cook With PrimeFish
Great Fish Made Easy

In 10 Mins



- **Protein** ~70 g
- **Carb** ~3 g
- **Rich in** Omega-3, Vitamin B12 and Selenium

Recipe Kit Contents



Not Included In The Pack - For Frying

- 2tbsp of Pure Coconut Oil
- 1 sprig fresh Curry Leaves
- Crystal Salt Salt

Spice Mix Ingredients Pack Includes

- 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

Cooking Steps



1

Prepare

Wrap the fish with crystal salt and let it rest for 5 mins or more to absorb excess moisture and help the marinade penetrate faster. Wipe off the crystal salt with a clean cloth before marinating.



2

Prepare & marinate

Wrap the fish with crystal salt and rest for 5 minutes. Wipe off the salt, then rub the marinade over the fish, filling the cavity and slits.



3

Wrap & chill

Wrap the fish tightly in a banana leaf and aluminium foil. Refrigerate for 30 minutes. Meanwhile, preheat the grill to medium-high heat, about 400°F (204°C).



4

Barbecue the fish

Place the wrapped fish on the grill and cook for 6–8 minutes. Flip carefully and cook for another 6 minutes, until the flesh flakes easily and reaches 145°F (63°C) internally.



5

Garnish & serve

Remove from heat and rest for 3 minutes. Garnish with fresh mint and serve with lime wedges.