

Less than 45 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 800g trout or snoek fillets
- Salt and milled pepper
- 4 cloves garlic, finely chopped
- ¼ cup (60ml) Gallo Extra Virgin Olive Oil + extra for drizzling
- 1 fresh chilli, chopped and deseeded
- ½ cup (100g) peach or apricot jam
- Juice (60ml) of 1 lemon
- 1 sliced red onion, for serving
- Handful fresh rocket, for serving

COOK'S NOTE

Serve fish with red onion, fresh rocket and a drizzle of Gallo Extra Virgin Olive Oil.

Method:

1. Season trout or snoek with salt, pepper and garlic.
2. Add Gallo Extra Virgin Olive Oil, chilli, jam and lemon juice to a pot and cook for about 5 minutes or until sticky.
3. Brush trout or snoek with mixture and braai on a foil-lined braai grid over medium hot coals for 15-20 minutes. (Alternatively, bake in the oven at 190°C for 20 minutes).
4. Scatter with red onion and rocket.
5. Serve warm.