

GRILLED MAHI FOIL PACKETS



INGREDIENTS

ITEM

Mahi Mahi (or other white fish) Fillets, 5 oz. each
Olive Oil
Salt and Fresh Pepper
Fresh Herbs, Parsley, Rosemary, Oregano
Lemon, thinly sliced
Aluminum Foil (heavy-duty) , about 18 to 20 inches long

QUANTITY

4
4 Tsp.
1 To Taste
4 Springs
1
4 Large Pieces



PREPARATION

- Preheat your grill to medium-high heat.
- Lay out the aluminum foil sheets on a clean surface. Place each fish fillet on a separate piece of foil.
- Drizzle about 1 tsp. of olive oil over each fish fillet. Use your fingers or a brush to evenly coat the fillets with the oil.
- Season the fish fillets with salt and freshly ground pepper to your liking.
- Lay a sprig of fresh herbs on top of each fish fillet. This will infuse the fish with aromatic flavors as it grills.
- Arrange lemon slices over the fish fillets, placing them on top of the herbs. The lemon slices will add a bright and zesty element to the dish.
- Carefully fold and seal the aluminum foil around each fish fillet to create a packet. Be sure to seal the packets tightly to prevent any juices from leaking out.
- Place the sealed fish packets on the preheated grill. Close the grill lid and cook the fish for about 10-12 minutes, or until the fish is cooked through and flakes easily with a fork. Cooking time may vary based on the thickness of the fillets.
- Once cooked, carefully remove the fish packets from the grill using tongs.
- Open the foil packets and transfer the grilled fish fillets onto serving plates.
- Garnish with additional fresh herbs if desired, Enjoy!