




Fish in newspaper

If you don't have a braai grid, cook fish directly on coals.

 Less than 30 minutes **Serves:** 4

Recipe Type: Appetisers

Main Ingredient: Fish and Seafood

Ingredients

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- 1 fish, (1.5-2kg), or two small (600g-1kg each), sustainable, such as hake, yellowtail, gutted and scaled
- 1 glug PnP Finest extra-virgin olive oil, for rubbing
- 2 tbsp fish rub, organic
- 1 pinch PnP salt
- 1 medium lemon, sliced
- 1 bunch PnP fennel
- 4 cloves PnP garlic cloves, sliced
- 1 medium lemon, cut into wedges, to serve

Method

- Make a few diagonal slits in fish flesh
- Rub fish, inside and out, with olive oil and season with fish rub and salt and pepper.
- Stuff fish cavity with lemon, fennel and garlic
- Wrap fish in a layer of baking paper and then in 4 sheets of newspaper.
- Wet newspaper well and cook the parcel over medium coals, turning occasionally, for 15-20 minutes (longer if fish is large).
- Pierce parcel with a knife. If it glides through, the fish is cooked; if it feels rubbery, cook for a few more minutes.
- Remove all paper and serve fish with lemon wedges