

Episode No: 187

Episode Name: Tasmania 1

Tasmania, Part One **Grilled Alfonsino**

Ingredients:

- 1 lemon
- 1 onion
- 150gm olive oil
- 1 alfonsino fish
- 1 bunch parsley
- Sea salt

Sprinkle sea salt over alfonsino, and rub into the fish. Leave for an hour. Method:

Create a mix of two parts lemon juice, one part olive oil, salt, and pepper, and brush over the top of the fish.

Slice onion and lemon into thin slices, and place into the slits in the fish. Add parsley into the fish. Sprinkle pepper over fish.

Place in oven or webber for thirty to forty mintures, turning once. Serve with salad or vegetables.

