

CHAR-GRILLED OYSTERS

Time: 30 minutes

Serves: 4

Ingredients:

¼ cup butter
1 large clove garlic – very finely chopped
⅛ teaspoon fresh ground black pepper
⅛ teaspoon dried oregano
12 large oysters on the half shell
¼ cup parmesan cheese – finely grated
¼ cup romano cheese – finely grated
1 tablespoon flat-leaf parsley – finely chopped

Preparation:

Preheat your barbeque grill on high.

Place a small pot on medium low heat and add the butter.

Once the butter has melted, stir in the garlic, pepper and oregano. Remove from heat.

Place the oysters on the grill and drizzle with the garlic butter, starting at the back of the grill as there will be plenty of flames.

Sprinkle the cheeses on top and close the lid of the grill.

Once the cheese has fully melted and the oyster shells begin to darken on the edges, plate the oysters and serve garnished with the parsley.

Nutritional Information Per Serving:

Calories: 307
Fat: 19g
Carbs: 10g
Fibre: 0g
Protein: 23g