



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BACON-WRAPPED FISH

Time: 20 minutes

Serves: 2

Ingredients:

2 teaspoons extra-virgin olive oil
2 tablespoons Dijon mustard
¼ teaspoon fresh rosemary – very finely chopped
1 small clove garlic - finely chopped or grated
2 6-ounce fish filets
4 thick slices bacon

Preparation:

Preheat your barbecue grill on medium high.

In a small bowl, mix the oil, mustard, rosemary and garlic.

Baste both sides of the fish with the mustard mixture and wrap with the bacon, using skewers to hold everything together.

Grill for four minutes on each side or until the bacon is crisp and fish is just cooked.

Let rest for two minutes. Remove the skewers and serve.

Nutritional Information Per Serving:

Calories: 319
Fat: 16g
Carbs: 0.2g
Fibre: 0g
Protein: 42g