

australian
bush spices



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Blue Seafood Blend

Blue BBQ Trout

4 rainbow trout
8 lemon myrtle leaves or bay leaves
2 lemons sliced
50g butter, softened
2 tablespoons **BLUE** Australian Bush Spice
1 clove garlic, crushed

1. Rinse the fish and pat the cavity and skin dry using paper towels.
2. Blend the butter, **BLUE** and garlic until smooth.
3. Spread the butter onto the skin of the fish. Tear off four sheets of aluminum foil large enough to enclose the fish.
4. Divide the lemon myrtle or bay leaves and lemon and place inside the cavity of the fish
5. Put the fish onto the centre of the foil and wrap up making sure that it is sealed tight.
6. Cook the fish on a preheated barbecue grill, for 10 -15 minutes or until the fish flakes easily when tested with the tip of a flat bladed knife.
7. Serve the fish in its package on a plate, accompany with salad.

Serves 4