



Grilled Triggerfish Fillets

Prep Time: <5 minutes

Ready In: 60 minutes

Yield: Serves a hearty 4

an outdoor grill over high heat. Oil the grate or put out a piece of aluminum foil to cook the fish on.

5. Grill the fish over high heat for about 7 minutes, flip, and cook the other side for an additional 5 minutes. Actual cooking time will depend on how thick the steak is. 5 minutes per inch of thickness is a good starting point. Fish is done when it flakes easily with a fork.