



Grilled Triggerfish

Hands-on Time

10 Mins

Total Time

20 Mins

Yield

MAKES 4 servings

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RECIPE BY [SOUTHERN LIVING](#)

Grilling adds smoky flavor fast. Follow our Expert Advice to flip fillets effortlessly.

Ingredients

- 4 (6 oz.) triggerfish fillets
- Vegetable cooking spray
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon table salt
- 1/4 teaspoon freshly ground black pepper
- [Strawberry-Blueberry Relish](#)

How to Make It

Step 1

Pat fillets dry with paper towels, and let stand at room temperature 10 minutes. Meanwhile, coat cold cooking grate of grill with cooking spray, and preheat grill to 400° (medium high) heat.

Step 2

Brush both sides of fish with oil; sprinkle with salt and pepper. Place fish on grate, and grill, covered with grill lid, 4 minutes or until grill marks appear and fish no longer sticks to grate.

Step 3

Carefully turn fish over, using a metal spatula, and grill, without grill lid, 2 minutes or just until fish separates into moist chunks when gently pressed. Serve with Strawberry-Blueberry Relish.

Step 4

GRILLING IS BEST FOR: Thin fillets or steaks that are 1/2 to 1 inch thick, such as triggerfish, tilapia, mahi mahi, tuna, swordfish, and trout.

Step 5

EXPERT ADVICE: First, make sure your grill is clean and hot. Flip once, and don't rush. The fish is ready to turn when it releases easily from the grate without tugging or tearing.