

Grilled Grouper with Orzo and Asparagus

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10-12 minutes

Serves: 2, Double recipe for 4

CChints: A skillet that can be put directly on the grill works well for this recipe, like a cast iron griddle or skillet. Fish often breaks apart when it's done and cooking it in a skillet will keep you from losing some of those yummy pieces. Your grouper may come with or without the skin/scales in it. Just make sure it is fresh and the thicker the pieces, the better.



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| 1 tablespoon unsalted butter, melted | 2 - 6 to 8 ounce grouper fillets |
| 1 glove garlic, minced | 2 servings of orzo pasta |
| 1/2 teaspoon paprika | 14 ounce can low sodium chicken broth |
| 1/2 teaspoon onion powder | 1-1/2 teaspoon olive oil |
| 1/2 teaspoon dried oregano | 2 servings a fresh asparagus, ends trimmed |
| 1/4 teaspoon salt | 1 teaspoon Molly McButter® |
| 1/8 teaspoon black pepper | |
| 1 teaspoon fresh lemon zest | |
| 1 teaspoon lemon juice | |
| 1 tablespoon olive oil | |

Put the cast iron pan on the grill. Use a gas grill and heat it to medium-high with the lid closed.

In a small bowl, mix together the butter through 1 tablespoon olive oil. Use a microplane to zest the lemon before you cut into it to get the juice. Save the rest of the lemon rind in a plastic bag and put it in your freezer to use the next time you need lemon zest.

Rinse and pat the fish dry. If the butter has started to harden before you are ready to brush the mixture on the fish, put it in the microwave for about 10 seconds. If you have skin on your fish brush the butter mixture on the flesh side first and lay them flesh side down on the pan in the grill. Close the grill cover and cook it for 3 – 5 minutes, depending on the thickness of your fish. Open the grill and brush again with the butter mixture. Turn the fish over, close the cover and cook for another 3 minutes. Keep brushing with butter mixture until fish is done. It will be firm, opaque and break a little when you try to move it with a fork.

Try to time the cooking of the orzo so it is done with the fish is ready. Meanwhile, back in the kitchen, while the fish is cooking, prepare the orzo. Cook according to package directions for 2 serving except use the chicken broth and water to come up with the desired amount of liquid. When the orzo is done, drain and toss it with the olive oil.

Lay to asparagus in a microwave safe container that has a cover. Add 1 teaspoon of water to the container and sprinkle with Molly McButter. Lay the cover on the container but make sure there is a whole or opening for the steam to vent. Cook on high for 2 minutes or until desired tenderness is achieved.

Plate the orzo, asparagus and fish then pour any remaining sauce from the pan over the over all three items.

Grilled Grouper option: Serve the grouper as a sandwich. Toast the bread or rolls. Apply tarter sauce to the top bread and letter the to bottom piece. Take the skin off the fish, if it is on it and lay it on the lettuce. Enjoy!