

GRILLING



- Heat grill to 400°F
- Rinse seafood under COLD water to remove any ice glaze; pat dry with paper towel
- Tear an 18-inch wide sheet of foil so it is 4-inches longer than the seafood
- Spray-coat the dull side of foil and place seafood on foil, skin side down
- Brush both sides of fish with high oleic vegetable oils: olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Bring sides of foil together and fold over several times to seal; roll up ends to form a packet
- Place packet on grill, seam side down, and cook for 8 to 10 minutes
- Remove packet from grill; open and add seasoning
- Crimp foil loosely to close and return packet to grill, seam side up
- Cook an additional 8 to 10 minutes
- Remove from heat just as soon as seafood is opaque throughout



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