

Grilled Pacific Bonito Recipe

Ingredients:

- 1 bonito fish, cleaned and gutted
- Salt and pepper to taste
- 2 lemons, sliced
- 1 bunch of fresh dill
- 1 tablespoon olive oil

Directions:

1. Preheat your grill to medium heat.
2. Season the bonito fish inside and out with salt and pepper.
3. Stuff the inside of the fish with lemon slices and fresh dill.
4. Brush the outside of the fish with olive oil.
5. Grill the fish for about 7-8 minutes per side, until the flesh is opaque and flakes easily.
6. Serve the fish hot off the grill.

Prep Time: 10 minutes | Cooking Time: 15 minutes | Total Time: 25 minutes

Kcal: 280 kcal | Servings: 2 servings