

Barbara's grilled fish with mornay sauce

Ingredients

- 2 one-inch-thick fillets of any fresh reef fish (Barbara recommends pearl perch snapper or squire)
- 2 tablespoons butter
- 2 tablespoons plain flour
- 2 cups milk (approximately)
- 1 teaspoon Dijon mustard
- Nutmeg
- Lemon pepper
- 1 cup grated tasty cheese
- Olive oil cooking spray
- Fresh parsley or dill to garnish

Method

1. Melt the butter with Dijon mustard over a low-medium heat in a saucepan and add 2 tablespoons of flour to make a roux.
2. Gradually pour in milk while stirring the mix until it reaches a desired thickness (the sauce shouldn't be too runny).
3. Add 1/4 - 1/2 cup grated cheese and a good sprinkle of nutmeg.
4. Place baking paper on a baking tray and spray with olive oil.
5. Add fish to tray and season with lemon pepper.
6. Grill fish on medium-high heat for 5-8 minutes.
7. Test the thickest part of the fish with a knife to ensure its cooked through (the knife should come out clean).
8. Once cooked spoon mornay sauce over fish, sprinkle with cheese and grill until golden brown.
9. Garnish the fish with 2 lemon twists (or slices) and fresh parsley or dill.
10. Serve the fish with Barb's salad, 2 lemon wedges and chips.