



Servings 4

Prep Time 15 min

Cooking Time 10 min

Paleo Grilled Walleye with Lemon Caper Sauce

Recipe



Ingredients

4 walleye fillets, skin on

Salt and pepper, to taste

1 tablespoon of minced parsley

1 tablespoon of minced chives

2 teaspoons of capers, minced

Zest of 1 lemon, minced

Juice of half a lemon

1 teaspoon of honey

¼ cup of avocado oil plus extra, or other paleo-friendly oil

Red chili flakes, optional

Directions

Step 1

To make the lemon and caper sauce, whisk together the parsley, chives, capers, lemon juice, lemon zest, honey, ¼ cup of avocado oil, red chili flakes (optional) and salt and pepper to taste. If you find the sauce too tart, add more honey.

Step 2

Prepare your grill for medium-high, direct cooking—about 450 degrees. Rinse walleye fillets under cold water and pat dry with paper towels. Lightly brush oil all over the walleye, and season the flesh and skin side well with salt and pepper.

When your grill grates are hot, clean them thoroughly with a wire brush—cooking fish on a clean grill will help prevent sticking. Then lightly grease the grates with oil. Or, if you have a fish grilling basket, grease or spray the basket before laying the fish in them; you can also add lemon slices and any other herbs you like to the basket.

Step 3

When the grill grates are clean and hot, lay fish on the side that you want to present on the plate. If you're looking for crispy skin, then cook the fish skin-side down. If you don't plan on eating the skin, grill it flesh-side down. Regardless, the skin will help the fish stay together as it cooks and becomes softer. Do not mess with the fish fillets too much while they are cooking—they will release from the grill when ready.

Step 4

Close the grill lid and cook the fish for 7-10 minutes, depending on how you like your fish.

Then with a good fish spatula, carefully transfer the fish onto plates. If your fish skin is crispy, serve the lemon, caper and herb sauce on the side. If not, drizzle the sauce over the fish.

