



Ingredients

2 garlic cloves

1/2 teaspoon salt

1 tablespoon fresh tarragon

1 tablespoon fresh rosemary

1 tablespoon fresh thyme

3 tablespoons olive oil

4 tilapia filets

What To Do:

In a small bowl, mash together the salt and garlic (if you have a garlic press or mortar and pestle use that but a bowl and backside of a spoon works well too). Chop all the fresh herbs and mix with the garlic then add olive oil. Spread the fresh herb mix over the fish and let them sit until you're ready to grill (30-minutes or more works best).

Using an indirect cooking method, place fish on the grill for about four minutes a side.