

## Whole Fish in Paperbark



This recipe is a whole Fish in Paperbark which combines traditional Indigenous ingredients with a modern twist. Curiously, the Melaleuca paperbark was used to treat headaches and colds. In this recipe, it will add a delightful smoky flavour to your favourite fish. View the entire recipe below.

### Ingredients

- 1 sheet of melaleuca paperbark
- 30ml olive oil OR lemon myrtle olive oil
- Your favourite whole fish OR 250g fresh fish fillet
- 2 tsp lemon myrtle
- 20g native thyme
  
- 30g butter
- 1 lime
- 1 lemon
- Cooking twine
- Foil – optional

### Directions

#### Step 1

Prepare the paperbark by plunging into cold water. Dampen and squeeze out excess water. If you cannot find paperbark, use baking paper.

#### Step 2

Brush oil onto the paperbark, then sprinkle a generous amount of lemon myrtle onto the paperbark. 1 -2 teaspoons.

### Step 3

Place fish fillet onto the paperbark placing the knob of butter on top, sprinkle on the Lemon Myrtle & native thyme and lay a slice of lime and lemon over the fillet. If using whole fish, place lemon myrtle, native thyme and slices of lime & lemon inside the fish.

### Step 4

Close the fish in the paperbark by tying the ends with the cooking twine.

### Step 5

Wrap the fish in aluminium foil and cook on a BBQ top on a low heat for 10 minutes each side OR cook over hot coals.



Serve with chips, salad and lemon wedges