

Super Grouper

A super simple broiled grouper fillet recipe for all of you grouper groupies. Fillets 1 inch thick take about 12 to 14 minutes to cook properly. If using thinner fillets, reduce cooking time accordingly.

Recipe by Willie Coleman | Created on **Nov 20, 2021**

Ingredients

- ½ cup butter, melted
- 2 tablespoons lemon juice
- ¼ teaspoon garlic salt
- ½ teaspoon dried parsley
- ½ teaspoon paprika
- ¼ teaspoon ground white pepper
- 2 pounds grouper fillets
- 2 tablespoons mayonnaise
- ½ teaspoon paprika

Directions

- Preheat oven to 350 degrees F (175 degrees C). Combine melted butter and lemon juice in a small bowl. Brush 2 tablespoons of this mixture on a piece of foil placed on the broiler pan.
- Mix together garlic salt, parsley, paprika and white pepper. Sprinkle spice mixture on both sides of fillets.
- Bake fillets until meat flakes, about 10 minutes. Brush fillets again with lemon butter and spread with mayonnaise. Sprinkle with paprika before serving.

Nutrition Facts

Serving: **4 servings** | Calories: **465.2 kcal** | Carbohydrates: **1.1 g** | Protein: **44.4 g** | Saturated fat: **15.9 g** | Cholesterol: **146.9 mg** | Sodium: **410.2 mg** | Fiber: **0.1 g** | Sugar: **0.3 g**

Categories

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