

# Simple Grilled Tuna, Swordfish or Salmon Steaks



**Plan Z Phase:** This is a Z2 (ZReduction) recipe.

**Servings:** Serves 2

## **Ingredients:**

- 2 fish steaks
- $\frac{1}{2}$  cup of Bragg's Aminos
- $\frac{1}{4}$  cup of lemon juice (juice of one lemon)
- 1 clove of garlic, minced (for this one I'd just fresh garlic for sure)
- sea salt and pepper

## **Instructions:**

Get out your grill guys and gals!

Put the marinade ingredients in a 9" x 13" inch pan. Stir. Add your fish steaks and coat both sides of the fish with marinade. Let sit in the marinade in the refrigerator up to 30 minutes. You don't want to let it marinade longer than that or the lemon will begin to 'cook' your fish.

Heat grill to medium high. Now oil the grill and put on the fish. Rule of thumb is 4 minutes per inch of thickness (2 minutes per side) for fish to be grilled. You can vary this if you like your fish more well-done.

Enjoy!

Cheers,