

Asian Catfish

Ingredients

- 6 Catfish Fillets
- 2 T Vegetable Oil
- 1/4 c Soy Sauce
- 4 clv Garlic (minced)
- 2 T Rice Vinegar
- 1 T Sesame Seeds
- 1 T Sesame Oil
- 1 t Black Pepper
- 1 t Ginger (grated)
- 1 Green Onion (sliced)

Instructions

1. Place catfish fillets in a resealable plastic bag or shallow container.
2. Whisk vegetable oil, soy sauce, garlic, rice vinegar, sesame seeds, sesame oil, ginger and black pepper in a small bowl. Pour marinade over fish and turn fish to make sure they are well coated. Place in refrigerator for 1 to 8 hours.
3. Preheat grill on medium high heat. Remove fish from bag and discard marinade. Place fillets on grill and cook for 12 to 13 minutes, turning once. Once fish flakes easily with fork, remove from heat and place on a platter. Garnish with green onions and serve immediately.