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# 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.

By Shirley

**Prep:** 10 mins**Cook:** 10 mins**Total:** 20 mins**Servings:** 4**Yield:** 4 servings

## Ingredients

- ½ cup butter, melted
- 2 tablespoons lemon juice
- ¼ teaspoon garlic salt
- ½ teaspoon dried parsley
- ⅛ teaspoon paprika
- ¼ teaspoon ground white pepper
- 2 pounds grouper fillets
- 2 tablespoons mayonnaise
- ⅛ teaspoon paprika

## Directions

### Step 1

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.

### Step 2

Mix together garlic salt, parsley, paprika and white pepper. Sprinkle spice mixture on both sides of fillets.

### Step 3

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

**Per Serving:** 465 calories; protein 44.4g; carbohydrates 1.1g; fat 30.8g; cholesterol 146.9mg; sodium 410.2mg.

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