**Grilled Fish**

Prep time: 60 min Cook time: 10 min

**Ingredients:**

* 2 fillets fish (basa or tilapia)
* 4 tbsp olive oil
* 1 tbsp fresh lemon juice
* 1 tbsp chopped coriander
* 1 clove garlic, minced
* 1 tsp basil, minced
* 1 tsp low sodium salt
* 1 tsp ground black pepper

**Instructions:**

1. In a bowl, mix 2 tbsp olive oil, lemon juice, coriander, garlic, basil, salt, and pepper to make the marinade.
2. Place the fish fillets in a shallow glass dish and pour the marinade over them. Cover and refrigerate for 1 hour.
3. Heat a grill pan over medium heat and add 2 tbsp oil.
4. Remove the fillets from the marinade, allowing any excess to drain off.
5. Cook the fish for about 5 minutes per side, or until it flakes easily with a fork.
6. Remove from heat and serve hot with sautéed vegetables.