

# Herring with Mint

## Serves 4

4 x 175g (6oz) herring fillets  
50g (2oz) fresh breadcrumbs  
2 large sprigs of fresh mint, chopped  
1/2 orange, rind and juice  
salt and black pepper  
seafood seasoning



## Preheat grill.

1. In a bowl mix together the breadcrumbs, mint, orange rind and juice.
2. Season the herring and stuff the cavity of the fish with the breadcrumb mixture.
3. Cook under a medium grill for 8-10 minutes, turning once.
4. Garnish with oranges and serve with salad and granary bread