



# Filet of Plaice in Cedarwood

Prep 20 m | Cook 20 - 25 m | Ready in 45 m

## Ingredients

- Cedarwood sheets soaked in water
- Filet of plaice
- Taboulé made with pearl couscous, bell peppers, onion, garlic and Ras-Al-Hanout spice and some salt
- Butchers rope

## Directions

1. Put a filet of plaice on a sheet of wet cedarwood.
2. Roll this up and bind it together with the rope so that you get a kind of cylinder.
3. Boil the couscous until ready and stir-fry the chopped vegetables (small cubes) with a little olive oil.
4. Mix couscous and vegetables together with the Ras-Al-Hanout and some salt.
5. Fill up the cylinder with the couscous mix.
6. Preheat an outdoor grill for middle-high heat. Place the cylinder standing up straight in the grill. Adjust the grill temperature to medium heat.
7. Close the lid of the grill and let it cook for approx. 20 – 25 minutes.
8. Take the cylinder from the grill, cut the rope, take the fish out of the cedarwood and serve with some Wakame salad.

