



Grilled Albacore Sandwich with Red Peppers

Ingredients:

- 1 1/3 pound skinless Pacific albacore, cut into 3/4 inch thick loin cuts
- 2 tablespoon + 2 teaspoons olive oil
- 6 tablespoons + 2 teaspoons olive oil
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
- 1/2 teaspoon oregano, crushed
- dash of cayenne
- Sauteed Red Peppers (see below)
- 2 French rolls, split lengthwise
- 1/4 cup chopped basil
- Sauteed Red Peppers
- 1 red pepper, roasted, peeled and cut into 1/2 inch strips
- 2 teaspoon olive oil
- 2 teaspoons minced garlic
- 1 medium onion, sliced into thin half-rings

Makes: 4 servings
Prep Time: 30 minutes
Grill Time: 15 minutes



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Directions:

1. Rinse albacore with cold water; pat dry with paper towels. Set aside.
2. Make vinaigrette by combining oil, lemon juice, pepper, salt, oregano and cayenne; mix well. Divide in half.
3. Marinate albacore in one-half of the vinaigrette for 30 minutes, turning once.
4. While fish is marinating make Sautéed Red Peppers. In non-stick pan, sauté garlic and onion in oil until onion is translucent.
5. Stir in red peppers and remove from heat.
6. Set aside.
7. Preheat grill to medium.
8. Drain albacore reserving marinade.
9. Lightly oil the cooking grids.
10. Cook 5-6 minutes, turning once and basting frequently. **Do not overcook!**
Albacore should be pink in center when removed from the heat.
11. Toast rolls lightly on grill.

Recipe and photo courtesy of the Oregon Albacore.

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