



## Lime and Black Pepper Fish

Serves	As many as you like
Prep Time	5 mins
Cooking Time	6 – 10 mins



### Ingredients

200gms (per person) firm, fresh as possible, white fish fillets

½ lime per serve

Salt

Black pepper

Olive oil

Dollop of butter

Lime wedges, to serve

### Method

1. Preheat non-stick pan to medium - high heat
2. Brush each side of the fish with olive oil
3. Finely zest the lime over one side of each fillet, add a generous grinding of black pepper. Season to taste with salt.
4. Place seasoned side down in the pan.
5. While the fish is cooking on one side, repeat lime, pepper and salt.
6. Cook for approx. 4 minutes, or until the fish is golden-brown underneath (\*) then flip.
7. Remove the fish from the pan, add dollop of butter and let it melt in the pan quickly.
8. Pour pan sauce over each fillet, and serve with a lime wedge (\*)



### Serving Suggestions

- Potatoes in any shape or form: potato salad or oven roast chips would work well here.
- Any kind of salad! Green leafy, tomato & balsamic, rice salad too!
- Steamed green veggies – refreshed in ice water, served with some fresh mint

### Recipe Tips:

- You can tell the fish is ready – as it cooks, you can see the fillet turn white. When the white line is half way up the fillet, turn. It should also be golden brown underneath.
- I use the lime wedges I zested to serve – which you don't have to do if you're after a pretty look! But this uses the whole lime.
- Fresh fish is so important - it will look fresh, but the biggest indicator you're onto a winner is there's no smell!