

LEMON BUTTER FISH

Fresh, simple, and packed with citrusy flavour, this makes a quick and delicious meal for the whole family!

NORMAL

20 MINS

15 MINS

4 SERVES

Ingredients

- 4 fillets of white fish
- 1 ½ tbsp olive oil
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper
- ¼ cup butter
- 2 tbsp lemon juice
- 2 tbsp fresh parsley, minced
- Salt & pepper, to taste
- Fresh lemon slices, to garnish

Instructions

1. Heat a frying pan on medium heat for 1 minute
2. Mix the spices together, pat your fish dry with a paper towel, and rub the spice mixture over each fillet
3. Add the olive oil into the pan, and cook each side of the fish on medium heat for about 2 minutes per side.
4. Remove the fish from the pan and lower the heat.
5. Add in the butter and brown for about 1-2 minutes. Add in the lemon juice, parsley and a pinch of salt and pepper. Cook for another 2 minutes on low.
6. Add a few lemon slices into the pan, then layer your fish back into the pan. Continue cooking the fish over a medium/low heat for another 3 minutes while spooning the sauce over the fish fillets every 30 seconds.