



RECIPE CARD

ROAST FISH FILLET WITH LEMON, GARLIC & BUTTER

(8 - 12 minutes cooking time)

Ingredients included in your box include:

4 x fresh fish fillets

1 x crushed garlic portion

1 x parsley portion

1 x butter portion

1 x lemon

You will also need olive oil for frying and salt and pepper for seasoning to taste.

As the contents of your fish box will vary, depending on the catch, please note the varying cooking times:

Monkfish, sear for 2 mins, roast for 10 mins (12 min)

Lemon or Dover Sole, sear for 2 mins and roast for 6- 8 mins (10 min)

Mackerel, sear for 2 mins and roast for 4-6 mins (8 min)

Seabass, sear for 2 mins and roast for 6-8 mins (10 min)

Pre heat oven to 220 fan 200 gas.

Heat a skillet or a frying pan on high for around one minute.

Add butter and crushed garlic and sear your fish fillet, for the specified time, on each side, then add to a lightly greased roasting tin and place in the oven for the specified time, above, depending on fish species.

On the coriander and lime fillet recipe card please change copy to:

Your fillets will be cooked when opaque and flake easily with a fork. Add coriander and lime to serve.