



## Pan fried gilthead sea bream fillets with chilli lime butter (serves 2)

### Ingredients

- > 4 gilthead sea bream fillets
- > 3 tbs unsalted butter, softened
- > 1 red chili, deseeded and finely chopped
- > 2 tbs finely chopped parsley
- > Grated zest and juice of 1 lime
- > 3 tbs olive oil
- > Salt and freshly ground black pepper

### Method

- > To make the chilli lime butter, beat together the butter, chopped chilli and parsley. Add the lime zest, then beat in 2 tablespoons of the lime's juice (discard any that's left). Season to taste.
- > Put the butter on a piece of greaseproof paper and shape into a sausage with your fingers. Roll up the paper and gently roll the butter in it to form a smooth cylinder with no pockets of air. Chill until needed.
- > Cut three diagonal slashes into the skin of each sea bream fillet. This stops them curling up as they cook. Put a non-stick frying pan over a medium-high heat and add the oil. Lightly season the sea bream fillets and place flesh-side down in the oil. Fry until golden and no longer sticking, then turn over and cook, skin-side down. They should take 5-6 minutes in all but you may need to cook them in batches.
- > Slice the butter into 1/5 inch discs. As soon as the fish is plated, put a couple of discs on each fillet.
- > Serve with wilted spinach.

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