

Goldband Snapper with Lemon



Ingredients (Serves 2)

500g goldband snapper fillet (red emperor and ruby emperor are also suitable)

Juice of 1 lemon

2 tablespoons butter

Chopped parsley

Salt & pepper to taste

Preparation

Soften butter and mix with $\frac{1}{2}$ lemon juice to form a paste. Brush both sides of the fillet with lemon butter paste & season with salt & pepper. Pan fry or grill over medium heat for 3 minutes each side.

Test fish by piercing fillet with a knife. If you feel no resistance, the fillet is cooked.

Serving

Pour remaining lemon juice over the fillet, sprinkle with parsley and serve with a crisp salad.