



Butterfish with caper Sauce

Ingredients

- **4 x 250gr butter fish fillets ****
- Cape Herb Fish Grinder **
- 100ml butter
- 4 Tbsp Westphalia Avocado oil with lemon **
- 30gr Capers **
- 3 Tbsp Ruy's Lemon and Garlic **
- Flour for dusting
- A handful of chopped parsley **
- Lemon wedges for garnish **

Cape Herb Fish Grinder, salt and pepper to taste

Method - (SERVES FOUR)

Heat a large heavy based saucepan and melt the butter, add the Ruy's Lemon and Garlic, half the parsley, capers and season with Cape Herb fish grinder and salt and pepper to taste. Once all combined, take of the heat and keep warm.

Season the butterfish fillets on both sides with Cape Herb Fish grinder and salt and pepper. Dust with flour.

Heat Oil in a flat or griddle pan. Over medium heat sear fillets for approx. 3 minutes on either side until the flesh is just cooked but still moist. (Please note that cooking time may vary due to thickness of your fillets)

Served with buttery new potatoes and a crisp summer salad
Garnish with Lemon wedges and chopped parsley

We recommend the Waverly Hills Semillion Sauvignon Blanc

**** Available at the Farmyard Trading Post**