



Pan Fried Fish with Herbs

SERVES 4

INGREDIENTS

4 tablespoons extra virgin olive oil
1 clove garlic, crushed
1 tablespoon chives, chopped
1 tablespoon dill, chopped
1 tablespoon thyme, chopped
2 tablespoons lemon juice
2 shallots, chopped
Cracked black pepper
4 x 120g firm white fish fillets (females)
4 x 220g firm white fish fillets (males)
1 head broccoli, cut into florets or 2 bunches broccolini
4 patty pan squash (button squash), quartered
Lemon wedges to serve

METHOD

1. Combine half the oil, garlic, fresh herbs, lemon juice, shallots and pepper in a small bowl. Coat the fish fillets in the herb mixture
2. Heat the remaining oil in a large frying pan over high heat. Cook fish fillets until golden brown.
3. Serve fish with steamed broccolini, squash and a squeeze of lemon juice with cracked pepper.

