



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GARLIC BUTTER FISH

Time: 15 minutes

Serves: 2

Ingredients:

2 fish fillets
Kosher salt
Fresh ground pepper
2 tablespoons butter
1 clove garlic - minced
1 lemon - quartered
1 tablespoon Italian parsley – finely chopped

Preparation:

Season the fish on both sides with a light sprinkling of salt and pepper.

Place butter and garlic in a frying pan on medium heat.

Once the butter is melted, give it a stir to evenly distribute the garlic.

As soon as the garlic begins to sizzle, gently place the fish in the pan.

Cook for approximately four minutes on the first side. Watch the fish turn white from the pan up as it cooks and turn it over when it's white halfway though. Your time will vary depending upon the thickness of the fillets.

Spoon melted butter from the pan over the top of the fish a time or two while it's cooking.

When the fish is cooked, squeeze the juice of one lemon quarter over it and sprinkle with parsley.

Move to serving plates and serve along with another lemon wedge.

Nutritional Information Per Serving (based on 3.5oz. tilapia fillet):

Calories: 147
Fat: 8g
Carbs: 0g
Fibre: 0g
Protein: 20g