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by Liz Robb

Pan Fried Sea Bream with Lemon and Herb Butter

Ingredients

60g butter
A small handful of chives
A few sprigs of parsley
1 lemon
Salt
Freshly ground black pepper
250-300g baby new potatoes
A good handful of green beans
1 large courgette
75g frozen petit pois
2 sea bream fillets
1 tablespoon of olive oil

Servings
2
Person

Preparation

1. Prepare the butter in advance, to give it time to chill. Place 50g of slightly softened butter in a small bowl. Finely chop the chives and parsley and add to the butter. Finely grate the zest of the lemon into the bowl, then squeeze in the juice of half the lemon. Season with salt and black pepper then mix everything together.
2. Using your hands, shape the butter into a thick cylinder and place on a square of parchment lined foil. Roll into an even shape, seal at the ends and leave to chill in the fridge until needed.
3. Boil the potatoes, cutting any larger ones in half, for about 15 minutes or until tender.
4. Meanwhile, prepare the vegetables. Slice the green beans into even lengths. Cut the courgette into sticks the same length as the beans.
5. Before the potatoes are ready, make 3 diagonal cuts in the skin of the fish fillets. Heat the olive oil and the remaining 10g of butter to a medium heat in a large frying pan then cook the fish, flesh side down first, for 2-3 minutes. Turn the fish over carefully and cook for another 3-4 minutes to crisp the skin.
6. Meanwhile, cook the frozen peas in boiling water, and steam the green beans and courgettes for 3 minutes.
7. Mix the vegetables together and divide them between 2 dishes, placing a fillet of fish on top of each one. Place 3 slices of the chilled butter onto each fish. Stir any remaining flavoured butter into the accompanying dish of new potatoes.

Cooks Note

This recipe is a really easy way to enjoy the flavour of sea bream, a very delicate white fish, simply topped with butter flavoured with lemon juice, zest, and fresh herbs. A perfect quick, tasty and nutritious supper, served on a bed of green vegetables and accompanied by baby new potatoes.
Serves 2