

Lemon Butter Sea Bass

Ingredients

- 2 fillets of Sea bass
- 2 tbsp plain flour
- 1 tbsp extra virgin olive oil
- 2 tbs of butter
- Juice of 1 lemon
- 2 tbsp capers, drained and washed
- 1 Tsp of lemon pepper spice
- 1 Tsp of lemon herbs spice
- Salt and Pepper to Taste



Method

On a plate mix flour with the salt, pepper and spices.

Dust the sea bass with the flour on both sides. Heat the oil and the butter in a large frying pan, add the fish skin up and fry over a medium heat for 2 minutes until golden. Carefully flip the fish over using a fish slice and fry for a further 2 minutes until cooked through. Add the lemon juice and capers and simmer gently for 1 minute.