

Pan Fish

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
fish fillet	1 or more	
butter	2 TBLSP or more	
<ul style="list-style-type: none">• In a frying pan, melt the butter over medium-low heat.• Add the fish face down. Cover the frying pan.• Gently sauté the fish for 3 minutes, then flip it over. Sauté another 2 to 3 minutes.• Top with a sprinkle of salt & pepper or really anything from bottled hot sauce to sautéed veggies.		

Seafood