



Grilled fish with lemon and caper butter

Serves 4

Flavoured butters are one of the quickest ways to add flavour to dishes. You can even make them in advance and keep them in the fridge in little rolls.

INGREDIENTS

100 g butter
2 garlic cloves
A small handful of fresh parsley
A small handful of fresh dill
Grated zest and juice of 1 lemon
30 ml capers, plus extra for serving
4 x 150 g white fish fillets such as kingklip or hake
A pinch of salt
100 g fine green beans
100 g asparagus

METHOD

- 1 Place a medium frying pan over medium heat and a medium saucepan of salted warm water over high heat.
- 2 Combine the butter, garlic, herbs, lemon zest, lemon juice and capers in the bowl of a food processor and process until smooth.
- 3 Place half the caper butter in the frying pan and add the fish fillets. Season with the salt and fry the fillets for 2 minutes on each side.
- 4 As soon as the water in the saucepan is boiling, add the beans and asparagus and simmer for 1 minute. Drain and add to the pan with the fish along with the remaining caper butter. Toss gently and serve.

SHORTCUTS

- **Thai-flavoured butter:** combine 100 g butter with 1 green chilli, 1 garlic clove, 6 cm ginger root, the soft inside of 1 lemongrass stalk and a small handful of fresh coriander. Process until smooth.
- **Mexican-flavoured butter:** combine 100 g butter with 1 jalapeño chilli, 1 garlic clove, 10 ml smoked paprika, 5 ml cumin seeds and a small handful of fresh coriander. Process until smooth.