

White Fish with Pine Nut Brown Butter and Garlicky Spinach



Seafood Shop
KILKEEL

Ingredients

1 tbsp Butter
2 tbsp pine nuts
3 tbsp fresh lemon juice, divided
4 white fish (about 5 ounces each)
½ tsp salt
¼ tsp freshly ground black pepper
3 tsp olive oil, divided
2 garlic cloves, minced
2 (10-ounce) packages fresh spinach, washed and trimmed
Lemon wedges

1. Melt butter in large, heavy non-stick skillet over medium heat. Add nuts and 2 tablespoons lemon juice and stir; cook 1 minute or until nuts are golden brown. Remove from pan and set aside.
2. Season fish with pepper. Add 2 tsp oil to skillet over medium-high heat. Add fish; cook 2 minutes per side, until it flakes. Transfer to platter; place nuts on top of fish. Tent with foil to keep warm.
3. Wipe skillet clean with a paper towel. Warm remaining 1 tsp oil over medium heat. Add garlic and spinach; cook 5 minutes, stirring until spinach wilts. Add remaining lemon juice; cook 1 minute to blend flavours. Place spinach on serving platter; top with fillets. Serve with lemon wedges.