

Fish with Prosciutto and Caper Butter

Preparation Time: 10 min

Cooking Time: 8 min

Servings: 4

Ingredients

500g white fish fillets cut into four pieces
4 slices prosciutto, thinly sliced
1tbsp salted capers, rinsed and drained
2 spring onions, sliced
2 garlic cloves, roughly chopped
1tbsp fresh parsley, coarsely chopped
100g ghee



Method

Place the capers, spring onions, garlic, parsley and ghee into the bowl of a food processor or blender and process until finely chopped.

Spread a layer of the butter mixture on top of each fish fillet. Top each fillet with a slice of prosciutto.

Heat a little olive oil in a fry pan. Place the fillets in the frypan prosciutto side down and cook for 5 minutes until the prosciutto is crisp. Turn the fish and cook for a further 3 minutes, or until the fish flakes easily with a fork.

Serve with a fresh garden salad.