



PAN-FRIED LINE FISH, ROASTED CAULIFLOWER AND CAPER BUTTER SAUCE

— with *Spier Signature Sauvignon Blanc* —

This simple low-carb meal is perfect as an elegant midweek dinner. The caper butter sauce is packed with flavour (also great with chicken and pork) and very quick to make. Choose the freshest fish you can find, and fry it in a non-stick pan while the cauliflower is roasting.

Easy and delicious.

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INGREDIENTS

SERVES
4

For the cauliflower:

- 1 medium head of cauliflower, sliced vertically into 1cm thick “steaks”
- olive oil, for drizzling
- salt and pepper to taste
- 1/2 cup finely grated parmesan cheese (or any hard mature cheese)

For the sauce:

- 125g (1/2 cup) butter
- 1 garlic clove, finely chopped/grated
- about 30ml (2 tablespoons) small capers
- about 15ml (1 tablespoon) lemon zest, finely grated
- a handful of fresh parsley, finely chopped
- salt and pepper, to taste

For the fish:

- about 800g firm white fish fillets (preferably boneless)
- butter, for frying
- salt and pepper, to taste

METHOD


Preheat the oven to 230°C. Arrange the cauliflower slices on a large baking sheet lined with baking paper. Drizzle with olive oil and season with salt and pepper. Roast for 12 minutes, then sprinkle with parmesan and roast for a further 5-7 minutes until golden and fragrant. Remove from the oven.

Sauce: In a medium-size pan, melt the butter and fry the garlic and capers for 1-2 minutes (don't let the garlic get too dark). Add the lemon zest and stir. Remove from the heat, then add the parsley and season with salt and pepper. Stir well and set aside.

Cut the fish into 4 even portions (or 8 smaller even portions). In a large non-stick pan over relatively high heat, melt the butter and fry the fish skin-side down, seasoning the portions with salt and pepper. When the fish is almost cooked, flip them over and fry for just a minute on the flesh side. When just cooked, remove from the pan.

Serve the freshly fried fish and roasted cauliflower hot, with a generous spoonful of warm caper butter sauce.

Spier Signature wines can be tasted and purchased at the farm in Stellenbosch and are widely available at retail outlets, supermarkets and online at shop.spier.co.za

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