

# Pan-fried Fish & Asparagus

## *Ingredients for 4*

**4 small fish fillets**

**16 medium asparagus spears**

**1 small handful thyme tips**

**1 lemon**

**1 small handful fennel tops**

1 fresh red chilli

2 tbsp capers

sea salt

freshly ground black pepper

extra virgin olive oil

Serve with:

**spiced butter**

potatoes (fried or boiled)



**Look for bold ingredients at the market.**

## *Directions*

1. Heat one very large frying pan (or 2 smaller ones) and add olive oil.
2. Put the fish fillets into the pan. Add the asparagus, woody ends removed, and gently shake the pan. Cook for a few minutes, then turn everything over and cook on the other side. Sprinkle over the thyme tips.
3. Remove the pan from the heat when fish is crispy. Lay the fish fillets on each plate. Toss the asparagus with half the deseeded and thinly sliced chilli, a good drizzle of olive oil and the lemon juice. Lightly season asparagus and fish with salt and pepper. Divide on top of the plated fish. Sprinkle with the rest of the chopped chilli, the capers and the fennel tops. Serve with spiced butter and potatoes.