



KINGKLIP PRIMAVERA

Prep Time: 15 minutes

Cooking Time: 20 minutes for a 2 inch fillet

Difficulty Rating: ●○○○○

Ingredients:

Fish

Kingklip Fillet – 1 per person

Flour to dust the fish

Topping (Quantities are per fillet)

30ml Olive oil

1 handful Cherry Tomatoes, sliced

¼ cup Olives - halved

¼ cup Fresh Basil leaves, chopped

Pinch of Salt

Black Pepper to taste

10 ml fish Spice

Method

Fish

1. Dust the fresh Kingklip with flour and shake off the excess.
2. Place the fillet directly on your hot grill plate.
3. Cook until the fish is golden brown, turning occasionally.

Topping:

1. In a heavy bottomed pan, heat your olive oil.
2. Add the tomatoes, olives, basil, salt, pepper and spices.
3. Cook until soft, allowing the flavours to fuse.
4. Place your cooked Kingklip on a serving board or plate and top with your tomato topping.
5. Serve with a lemon and lettuce garnish.

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