



# Gurnard with Garlic & Lime

Prep Time      10 minutes  
Cooking Time 6 minutes  
Serves            3

## Ingredients

- 500 grams gurnard fillets
- ½ cup flour
- 3 cloves garlic, minced
- 1 tablespoon of chopped parsley
- Ground black pepper
- Salt
- Fresh lime wedges (or juice)
- Olive oil for frying

## Method

- Season and coat fish fillets with garlic, salt, freshly ground black pepper and parsley.
- Place flour on a plate then lightly roll fish fillets on it coating them lightly.
- Prepare a non-stick pan, heat a small amount of olive oil. Once olive oil is hot enough, pan fry the gurnard fillets for 3 minutes on each side or until fully cooked.
- Place fish on serving platters then drizzle lime juice on top.
- Serve with fresh mixed salad or vegetables