



John Dory with Smoked Paprika

Prep Time 5 minutes
Cooking Time 10 minutes
Serves 4

Ingredients

- 4 x 180 gram Skin on John Dory Fillets
- 50 grams softened butter
- ½ t smoked paprika
- 1 T olive oil
- Salt for seasoning
- Sides such as vegetables or rice

Method

- Mix the butter and smoked paprika and set to the side
- Heat a large frying pan until hot and add the olive oil
- Season the John Dory fillets and place in the pan skin side down.
- Use a fish slice to press the fillets flat to avoid curling at the edges
- Cook for about 2 minutes and flip.
- Add the paprika butter to the pan and baste the fish as it melts
- Cook until the fish is just done, around 2 minutes and the butter has started to foam
- Remove from the pan and serve immediately with sides of your choice