

Red Mullet with Marcona Almonds, Capers and Nut Brown Butter



PREP TIME

5 MINS



COOK TIME

10 MINS



TOTAL TIME

15 MINS



SERVES 2 PEOPLE



EASY



Ingredients

2 whole red mullet, scaled and gutted, filleted and pin boned
1 tbsp olive oil
50g unsalted butter
1 tbsp baby capers, drained
1 tbsp fresh flat-leaf parsley, finely chopped
2 tbsp marcona almonds, lightly toasted
1 tbsp sherry vinegar
Salt to taste

Method

Heat the oil in a medium sized non-stick frying pan. Add the red mullet fillets skin side down, making sure you press on their flesh to avoid them from curling up. Season with salt and cook on high heat for 3 mins. Turn the fillets and cook for one more minute. Take the red mullet fillets out of the pan onto some hot plates and keep warm.

Turn the heat down and add the butter in the same frying pan. Stir until the butter is melted and turns a nut-brown colour. Add the baby capers, marcona almonds and parsley.

Spoon the nut brown butter around the red mullet fillets and season with salt and sherry vinegar.