



Italian style pan-fried fish

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Serves 2

olive oil

2 x 150g fish fillets (sole, bream, mullet, snapper), pinboned

sea salt and freshly ground black pepper

1 teaspoon salted capers, rinsed and drained

1 tablespoon black olives, stoned and chopped

4 ripe tomatoes, halved, deseeded and roughly chopped

juice and zest of 1/2 a lemon

extra virgin olive oil

1 small bunch of fresh, flat-leaf parsley, leaves picked and chopped

Heat your frying pan and add a splash of olive oil.

Season the fish fillets lightly on both sides and place in the pan, skin side down. Fry for 1 minute and then carefully turn them over.

Add the capers, olives and chopped tomatoes to the pan and cook gently for a further few minutes, until the tomatoes break down and the fish is cooked through. Sprinkle over the lemon zest, then squeeze over the lemon juice. Taste again and season with salt and pepper if you think it needs it.

Drizzle with some extra virgin olive oil and sprinkle with your chopped parsley.

Serve with steamed couscous. Delicious!

Jamie Oliver
THE ITALIAN SERIES

by **TEFAL**

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