



45°N

63°W

SEARED REDFISH

With Citrus White Wine Reduction

INGREDIENTS:

- 1 lb redfish fillets
- 3 tbsp olive oil
- 2 tbsp butter
- Salt and pepper
- ½ cup white wine
- Juice of one lemon

INSTRUCTIONS:

1. Drizzle the red fish fillets with 1 tbsp olive oil.
2. Heat the remaining 2 tbsp of olive oil into a sauté pan, add the red fish, season with salt and pepper and cook for approximately 1-2 minutes per side. Redfish is very delicate and cooks quickly.
3. Remove the fish. Add the butter to the pan, once melted deglaze the pan with the white wine and lemon, allow to come to a gentle simmer and reduce by half.
4. Serve the sauce over top of the red fish fillets.
5. Serve on a bed of quinoa or couscous and a side of your favorite vegetables.

Recipe provided by The Kilted Chef



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