

Lemon & Fish Pasta



A simple lemon and fish pasta, an attempt to recreate a trout pasta from a restaurant in the middle of one of the Italian lakes

Ingredients

- 2 shallots
- 3 cloves garlic
- 3 anchovies
- 2 tbsp capers
- Juice of 1/2 a lemon
- 1/2 cup of dry white wine
- 2-3 tbsp butter
- 2 trout filets (or sea bass)
- Packet of cherry tomatoes

Directions

1. Boil water, add penne pasta for 9 mins when boiling
2. On low-heat in small pan fry shallots and garlic until soft
3. Add anchovies and capers and fry for 1-2 mins

Lemon & Fish Pasta (cont.)

4. Add white wine, lemon juice, and butter and keep warm of lowest heat
5. Fry off the tomatoes in a medium-hot skillet with olive oil, salt, and pepper until just starting to blister
6. Pat sea bass dry and season top side with salt and pepper
7. Fry sea bass in medium-hot skillet skin side down first for 3-4 mins
8. Flip sea bass and fry for 2-3 mins

