

Perch with an Agro Dolce Sauce (Sweet & Sour)

Serves: 2 people,

Preparation time: 15 minutes **Cooking time:** 20 minutes

Ingredients

It's a Little Bit Fishy

2 x 200g Perch or John Dory

Coles

1 Tbs Sherry

1 Tbs butter

2 Tbs currants

Strawberry Point

2 tbs capers

2 tbs pinenuts

1 red onion sliced

2 tbs finely chopped parsley

Salt & pepper



Method

Make the sauce by first melting the butter. Gently fry the onion until soft. Add the capers, currants, pinenuts. Add the sherry and allow the sauce to thicken a little.

In a fresh pan, fry the fish for 4 minutes each side until cooked. Season well. Allow the fish to form a nice crust.

Pour the sauce back over the fish and baste for a few minutes.

Add the chopped parsley to finish.

Serve with fine mashed Potato and a wedge of lemon.

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