



Taste

Recipe of the Month

February - Halibut with Lemon Butter and Purple Sprouting Broccoli

Serves 4

Ingredients

4 Halibut chunks (About 200g each)

Juice of two lemons

110g Lancashire Butter

Salt

400g Purple sprouting broccoli

Method

1. Score the fish with a sharp knife and marinate in the lemon juice for about 15 minutes.
2. Place the broccoli into a large pan of salted boiling water.
3. Drain, reserving the lemon juice, and dry with kitchen towels.
4. Melt 75g/3oz butter in a large frying pan, making sure the heat is gentle and the butter doesn't burn.
5. Cook the fish in the butter for approximately 3-4 minutes on each side.
6. Increase the heat and pour in the lemon juice from the marinade; allow to bubble and evaporate slightly.
7. Add the remaining butter to thicken the sauce.
8. Serve immediately with the broccoli.