

## **PAN SEARED KINGFISH WITH CHERRY TOMATOES & CAPERS**

**SERVES:** Serves 2 as a main

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### **INGREDIENTS**

- 1 South Australian Yellowtail Kingfish loin, skin off
- 6 cherry tomatoes, halved
- 2 tsp capers, roughly chopped
- ½ bunch dill stalks, chopped
- ¼ bunch dill, picked and washed
- ½ lemon, juiced
- 100ml olive oil
- salt
- pepper

### **METHOD**

1. Heat olive oil in a large pan over medium heat. While heating, season the Kingfish loin with salt.
2. Gently add the Kingfish loin to the pan and sear for 3 minutes on each side. If you are using smaller portions of Kingfish than a full loin, cook for 2 minutes on each side.
3. Add the capers and dill stalks to the pan and allow to cook for a minute, stirring occasionally. Add the cherry tomatoes and cook until softened.
4. Once the tomatoes are cooked through, gently add the lemon juice to the pan. This should be about 2-3 minutes, which means the total cook time of the Kingfish loin is 8-9 minutes.
5. Remove the Kingfish from the pan, and spoon the tomatoes and capers, and olive oil over the Kingfish.
6. Season with additional salt and pepper, and garnish with dill.

