

Lettuce-wrapped Fish with Citrus Butter



Serves 2 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

- 1 Cos or Romaine lettuce (you need 4 large outer leaves)
- 2 thick pieces white fish fillets, skinned
- 25g butter, soft
- 1 shallot, finely chopped
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 lime, zested and juiced

1. Bring a large pot of water to the boil and cook each leaf for 1 minute, then lift it out and cool it in cold water. Drain well.
2. Lay two of the leaves on a board and put another one on top of each, slightly overlapping (you need to be able to wrap the fish completely). Put a piece of fish in the middle of each and season the top, then fold over the lettuce, making a parcel (the lettuce should stick to itself – or use a cocktail stick).
3. Heat a little butter in a pan, on a low heat, and cook the fish parcels over a low heat for about 3 minutes on each side, or until the fish parcels feel firm when you press them. Remove the pan from the heat, cover with a lid and leave while you make the citrus butter.
4. Put a knob of butter into another pan, tip in the shallot and fry for a few minutes. Add all of the zest, 1 tbsp of the lemon and lime juices, and 2 tbsp orange juice, then bubble everything together, quickly, and season. Serve the fish with the citrus butter.