



SERVES 4



SUGAR FREE GLUTEN FREE

** Substitute Product

Pan Fried Grouper with Gnocchi

Shopping List

- 4 x 150 gm skin on fillets of Gold Spot Grouper
- 2 tbs vegetable oil
- 500 gm Sebago or Desiree potatoes
- 150 gm (approx.) plain flour **
- Pinch nutmeg
- Salt and ground white pepper
- 1 bunch asparagus, peeled and sliced diagonally
- 4 tbs small capers
- 100 gm butter, diced
- 50 ml lemon juice
- 2 tbs chopped flat parsley
- Salt and cracked black pepper



Method

1. Peel and dice the potatoes and boil in salted water until soft.
2. Pass through a fine sieve and gently mix in the flour, nutmeg, salt and white pepper.
3. Roll into 2cm diameter logs and cut each into 1.5cm pieces.
4. Mark each piece of gnocchi with the back of a fork on both sides.
5. Blanch the gnocchi in boiling water for around 2 minutes, or until it rises to the surface. Refresh in iced water, drain and set aside.
6. Blanch the asparagus in salted boiling water for 1 minute. Refresh in iced water. Drain.
7. Dry and season the grouper fillets and fry skin side down in the vegetable oil until the skin is crispy
8. Gently turn the fillets and cook through.
9. In a large frying pan, heat the butter until it starts to foam.
10. Add the capers, gnocchi and asparagus and gently toss through the butter until hot. Add the lemon juice, parsley and salt and pepper.
11. Serve the fillets of grouper on a heaped spoonful of the gnocchi and spoon the lemon butter sauce over.

Serve immediately