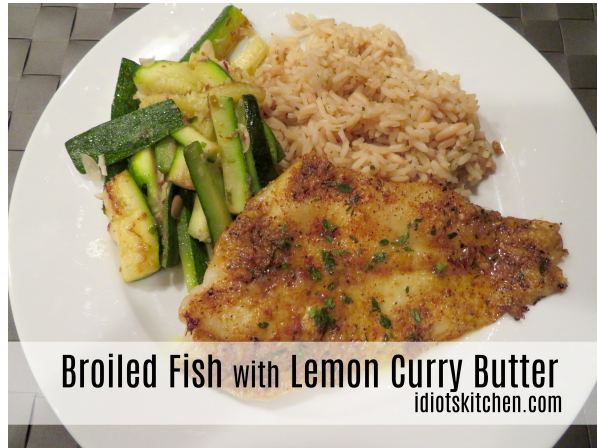


Idiot's Kitchen Recipe – Broiled Fish with Lemon Curry Butter

Recipe from idiotskitchen.com – Adapted from The New York Times/Melissa Clark



Ingredients:

2 Tablespoons butter
1 clove garlic, pressed or grated
 $\frac{1}{2}$ teaspoon fresh thyme leaves, minced (lemon thyme is especially good!)
 $\frac{3}{4}$ teaspoon curry powder
 $\frac{3}{4}$ teaspoon fresh ginger, grated
2 thin fish fillets (6-8 oz. each) such as sole, tilapia, flounder, swai, etc.
 $\frac{1}{2}$ lemon for zest & juice
Salt & Pepper
Additional herbs such as extra thyme, dill, or parsley for garnish

Preheat the broiler and move the oven rack 1-2 slots down from the very top of the oven.

In a small, microwave safe bowl, combine 2 Tablespoons butter, 1 clove of garlic – pressed, grated, or very finely chopped, $\frac{3}{4}$ teaspoon curry powder, and $\frac{3}{4}$ teaspoon fresh ginger. Microwave for 20-30 seconds to melt the butter. Add the zest from $\frac{1}{2}$ a lemon. Stir to combine.

Cover a sheet pan with foil and grease or spray with non-stick spray. Place the fish fillets on the pan and season lightly with salt & pepper. Spoon the curry butter sauce over the top of the fish.

Broil in the top third of the oven for 5 minutes until cooked through and flakey.

Squeeze a wedge of lemon over each fillet and serve garnished with a little extra thyme (or dill or parsley).

© Idiot's Kitchen 2017