



BASIL-ENCRUSTED TRIGGERFISH

INGREDIENTS:

4 triggerfish fillets, skinless
salt
freshly ground white pepper
⅓ cup fresh basil, chopped
2 tablespoons canola oil
2 tablespoons butter

Lightly salt and pepper fillets.
Sprinkle top sides with basil. Press
gently so that it will adhere.

Heat oil in skillet. Add 2
tablespoons butter and melt.

Place fillets in pan, topside down.
Sauté until just golden on one
side, about 5 minutes. Turn and
repeat on the other side.