



PAN SEARED COBIA WITH THYME BUTTER

Ingredients

4 Cobia fillets

1 stick of butter, softened

olive oil

salt

pepper

1 bunch fresh thyme, chopped

1 lemon

Steps

1. Add the chopped thyme into the softened butter. Put the mixture in the fridge to firm and chill. Pre heat a sauté pan to a medium high heat. Season the fish with salt & pepper.
2. Add olive oil to the pan and wait for the smoking point. Add the fish, and sear on each side for 4 minutes.
3. When the fish is golden brown on each side, remove from pan. Add about 2 tablespoons of the thyme butter on each fillet. Top with a squeeze of lemon.