



Flash FOOD

Entertain the easy way with these simple but impressive dishes

SEARED KINGKLIP WITH WHITE WINE, FENNEL AND TOMATOES

(Serves 4)

CHILLED

- ☐ 4 x 150g kingklip fillets
- ☐ 45g butter

FRESH

- ☐ 1 large fennel bulb
- ☐ 2 cloves garlic
- ☐ 250g cherry tomatoes on the vine
- ☐ 1 lemon, finely grated zest and juice
- ☐ fennel fronds
- ☐ lemon wedges

STORE CUPBOARD

- ☐ 15ml avocado or olive oil
- ☐ 5ml smoked paprika or paprika
- ☐ 80ml dry white wine or vegetable stock
- ☐ 100g black olives, pitted
- ☐ salt and milled black pepper, to taste