

Butter-poached tilapia with parsley

Serves 1-2; prep and cook 15 minutes

1 tilapia filet
4 tablespoons good quality butter*
Salt and pepper to taste
1 tablespoon chopped parsley
Handful of arugula
Salt and pepper to taste
Squeeze of lemon juice (about a wedges' worth)
3-4 tablespoons extra virgin olive oil

**For this specific dish I used Kerrygold Irish butter. I love the rich flavor and creaminess but if you don't have it, any other good stick butter would do. I would stay away from margarine, though.*



In a medium-sized saucepan start gently melting the butter over medium-low heat.

Meanwhile, slice the tilapia into bite-size chunks. When the butter has pretty much melted all the way, toss in the fish, parsley, and a pinch of both salt and pepper. Stir and let cook very slowly and gently in the butter until the fish has turned opaque; approximately 7-10 minutes. Don't let the butter brown, you just want it to gently cook the fish. Adjust the stove accordingly.

As the fish cooks, prepare the quick arugula salad to dress on top. In a small bowl combine the lemon juice, salt and pepper, and extra virgin olive oil, whisking together. Add in the arugula leaves and tousle around with your hands. Set aside.

When the fish is done, put it on a plate (with or without the butter – but I highly recommend with!), add more parsley and then dress with arugula salad.