



BROILED FISH WITH GARLIC ANCHOVY BUTTER

4 white fish fillets
2 tablespoons olive oil
zested rind from 1 lime
salt and black pepper to taste



Anchovy Butter:

1/2 tube **Crown Prince Natural Anchovy Paste**
1 head garlic, roasted and peeled
1 stick unsalted butter, softened
2 tablespoons Italian seasoning

Marinate the fish in oil, lime zest, salt and pepper for at least 1 hour. While the fish is marinating, combine the Anchovy Butter ingredients in a food processor and pulse until smooth. Place the fish on a broiler pan and broil on low heat for 15 minutes. Remove from broiler and spread the Anchovy Butter on the fish. Return to broiler for another 5-10 minutes, or until butter is completely melted. Serve warm on a bed of salad greens. *Serves 4.*

HELPFUL HINT: To roast garlic, preheat oven to 300°F. Wrap an unpeeled head of garlic in aluminum foil. Bake for 30 minutes, or until soft.

Per Serving: 559 Calories (381 Calories from Fat), 43g Fat, 39g Protein, 3g Carbohydrate, 182mg Cholesterol, 395mg Sodium