

MORTON & BASSETT SPICES®

Fish Dill Saute



- 2 fillets sole, salmon, halibut or white fish
- 1 tablespoon butter or olive oil
- 1 tablespoon Morton & Bassett Chopped Garlic or Shallots
- 1 teaspoon Morton & Bassett Dill

Sauté the fish in the Morton & Bassett garlic or Morton & Bassett shallots, and butter or olive oil at a medium heat.

Cook for approximately 4-5 minutes per side.

Sprinkle with Morton & Bassett dill and serve with lemon wedges



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