



# Captain Kennedy's

## Salt & Pepper Pearl Meat

### INGREDIENTS

250g Premium Paspaley Pearl Meat

40 g of Butter

2 tablespoons of Olive Oil

Ocean Salt

Cracked Pepper

### INSTRUCTIONS

Using a serrated knife, slice the pearl meat in half lengthways to thin.

Rinse and drain.

Heat a skillet medium to hot. Add the butter and olive oil. Add the pearl meat and toss for 1 minute until cooked.

Remove from heat and add ocean salt and cracked pepper and serve.



- ✓ MSC Certified | Environmentally Sustainable Seafood
- ✓ Organic
- ✓ High source of Omega 3
- ✓ High in Protein
- ✓ Low in Salt
- ✓ Contains no Trans-fats
- ✓ Contains Vitamins A, E, Calcium, Iron and Zinc
- ✓ Trace element iodine boosts metabolism and increases thyroid function