

Crispy Lemon Herb Fish - A Zesty, Golden Dinner in Under 20 Minutes

Fish dinners often feel intimidating-but not this one. It's:



TIME
20 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

4 fillets of white fish (cod, tilapia, or haddock)

1 tsp paprika

1 tsp garlic powder

1 tsp onion powder

2 tbsp olive oil

Salt and black pepper, to taste

Optional: fresh lemon slices, parsley or dill for garnish

Step-by-Step Instructions:

1 Pat the Fish Dry:

2 Season:

3 Heat the Pan:

4 Cook the Fish:

5 Serve with Lemon:

Tips for Success:

Don't overcrowd the pan-cook in batches if needed.

Use a fish spatula for easy flipping without breaking the fillets.

Add a pat of butter in the last minute of cooking for extra richness.

Pair with a lemon wedge on the side for brightness.

Serving Suggestions & Pairings:

Roasted potatoes or rice pilaf

Steamed green beans, asparagus, or a simple garden salad

A refreshing drink like Blueberry Lemonade

Or serve it alongside: Light Tangy Chicken Salad
Tomato Skillet with Okra and Sausage for a hearty
Southern spread

One-Pan Breakfast Bake if you love
breakfast-for-dinner

Storage & Reheating:

Fridge: Store leftovers in an airtight container
for up to 2 days.

Reheat: Gently warm in a skillet over medium heat
or in a toaster oven to maintain crispness.

Freezer: Best enjoyed fresh, but can be frozen if
needed-wrap tightly in foil and reheat in oven.

More Light & Flavorful Meals to Try:

Easy Turkey Wings - flavorful and oven-roasted

Light Tangy Chicken Salad - protein-packed and
mayo-free

One-Pan Breakfast Bake - great for weekend meal
prep or casual brunch

Final Thoughts:

DIRECTIONS

1. **Pat the Fish Dry:** Use a paper towel to pat both sides of the fish fillets dry. This helps achieve a crisp sear.
2. **Season:** In a small bowl, mix together paprika, garlic powder, onion powder, salt, and black pepper. Sprinkle this mixture evenly over both sides of the fish fillets.
3. **Heat the Pan:** Heat olive oil in a large nonstick or cast-iron skillet over medium-high heat.
4. **Cook the Fish:** Place the seasoned fish fillets in the hot skillet. Cook for 3-4 minutes per side, depending on thickness, until golden brown and cooked through (internal temperature should reach 145°F).
5. **Serve with Lemon:** Squeeze fresh lemon juice over the fillets and garnish with parsley or dill if desired. Serve immediately while crispy.
6. **Tips for Success:** Don't overcrowd the pan-cook in batches if needed.
7. Use a fish spatula for easy flipping without breaking the fillets.
8. Add a pat of butter in the last minute of cooking for extra richness.
9. Pair with a lemon wedge on the side for brightness.
10. **Serving Suggestions & Pairings:** This dish pairs perfectly with:
 11. Roasted potatoes or rice pilaf
 12. Steamed green beans, asparagus, or a simple garden salad
 13. A refreshing drink like : Blueberry Lemonade
 14. Or serve it alongside: Light Tangy Chicken Salad

15. Tomato : Skillet with Okra and Sausage for a hearty Southern spread
16. One-: Pan Breakfast Bake if you love breakfast-for-dinner
17. Storage & Reheating: Fridge: Store leftovers in an airtight container for up to 2 days.
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19. Freezer: Best enjoyed fresh, but can be frozen if needed-wrap tightly in foil and reheat in oven.
20. More Light & Flavorful Meals to Try: Love fresh, quick recipes like this? Try these next:
21. Easy : Turkey Wings - flavorful and oven-roasted
22. Light : Tangy Chicken Salad - protein-packed and mayo-free
23. One-: Pan Breakfast Bake - great for weekend meal prep or casual brunch
24. Final Thoughts: Simple ingredients. Fast cook time. Big flavor. This Crispy Lemon Herb Fish is the kind of back-pocket recipe you'll reach for again and again. It's light, satisfying, and endlessly versatile-proof that dinner doesn't have to be complicated to be delicious.
25. Tried it? Snap a pic and tag your creation! And be sure to follow along at ChefManiac for more quick, crave-worthy meals made easy.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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