

Zesty Lemon Butter Fish Fillet: Easy & Flavorful Dinner

Craving a light, healthy, and incredibly flavorful meal that comes together in a flash? This



TIME
3-4 min

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INGREDIENTS

4 white fish fillets (such as cod, tilapia, or haddock)

2 tablespoons olive oil

Salt and pepper to taste

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon onion powder

4 tablespoons butter

4 cloves garlic, minced

Juice and zest of 2 lemons

1 tablespoon fresh parsley, chopped

Lemon slices

Fresh parsley, chopped

Swaps and Notes:

White Fish Fillets: Cod, tilapia, haddock, snapper, or even flounder work beautifully. Choose fillets that are about 1-inch thick for even cooking. If using frozen, ensure they are fully thawed and patted very dry.

Paprika: Regular paprika adds color, but smoked paprika would give the fish a lovely smoky undertone.

Garlic & Onion Powder: These provide a savory base for the fish seasoning.

Butter (for sauce): Unsalted butter is preferred to control the saltiness.

Olive Oil (for sauce): Extra virgin olive oil will

add a richer flavor to the sauce.

Garlic (for sauce): Freshly minced garlic is highly recommended for the best aroma and flavor.

Lemons: Fresh lemon juice and zest are absolutely essential for the vibrant, zesty flavor of the sauce. Bottled juice won't yield the same result.

Parsley: Fresh chopped parsley adds brightness and a beautiful green garnish. You can also use fresh dill or chives for a different herb profile.

DIRECTIONS

1. Let's get this delicious : Zesty Lemon Butter Fish Fillet cooked in your skillet!
2. Preparing the : Fish:
3. Season the : Fish: Begin by thoroughly patting the fish fillets dry with paper towels. This step is crucial for achieving a good sear and preventing the fish from steaming. Drizzle both sides of the fillets with olive oil, then season generously with salt, pepper, paprika, garlic powder, and onion powder. Make sure the seasonings are evenly distributed.
4. Cook the : Fish: Heat a large skillet (stainless steel or nonstick works well) over medium-high heat. Once the skillet is hot, carefully add the seasoned fish fillets in a single layer. Avoid overcrowding the pan; cook in batches if necessary. Cook for about 3-4 minutes on each side, or until the fish is golden brown on the exterior and flakes easily with a fork when gently pressed. Overcooking will make the fish dry. Remove the cooked fish from the skillet and set it aside on a plate.
5. Preparing the : Lemon Butter Sauce:
6. Make the : Sauce Base: In the same skillet (no need to clean it; those little browned bits are flavor!), reduce the heat to medium. Add the butter and olive oil to the skillet. Once the butter has melted, add the minced garlic and cook for 1-2 minutes, stirring constantly, until the garlic is fragrant. Be very careful not to let the garlic brown, as burnt garlic will taste bitter.
7. Add : Lemon and Seasoning: Stir in the fresh lemon juice, lemon zest, and chopped fresh parsley. Season the sauce with salt and pepper to taste. Let the sauce

simmer gently for 2-3 minutes, allowing the flavors to meld and the sauce to thicken slightly.

8. Serving the : Dish:
9. Plate the : Fish: Carefully place the cooked fish fillets on a serving platter or individual plates.
10. Pour the : Sauce: Generously drizzle the warm lemon butter sauce over the fish fillets, ensuring every piece is coated in that zesty goodness.
11. Garnish: Garnish with fresh lemon slices and additional chopped parsley for a beautiful presentation and an extra burst of freshness. Serve immediately!

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TIPS FOR SUCCESS

Pat Fish Dry: This is the most important step for getting a good sear and preventing a soggy fish.

Don't Overcook Fish: White fish cooks very quickly.

A few minutes too long, and it can become dry.

Watch the Garlic: Garlic burns easily.

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