

Easy Lemon Butter Fish: Flaky & Flavorful in Minutes

(such as cod, tilapia, or haddock - choose firm, flaky white fish)



TIME
15 min

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INGREDIENTS

4 white fish fillets (such as cod, tilapia, or haddock - choose firm, flaky white fish)
3 Tbsps unsalted butter
2 garlic cloves, minced
Juice of 1 large lemon (about 2-3 tablespoons)

1 tsp lemon zest
Salt and pepper to taste
2 Tbsps chopped fresh parsley
Lemon wedges for serving

Swaps and Notes:

Fish Fillets: Cod, tilapia, haddock, snapper, mahi-mahi, or even flounder would work beautifully. Ensure fillets are roughly uniform in thickness for even cooking.

Butter: Unsalted butter is preferred so you can control the salt content.

Garlic: Freshly minced garlic provides the best flavor.

Lemon Juice & Zest: Always use fresh lemon juice and zest. Bottled juice won't give the same vibrant flavor.

Herbs: Fresh parsley adds a lovely color and herbaceous note. Fresh dill or chives could also be delicious.

Spice: A tiny pinch of red pepper flakes can be added with the garlic for a subtle warmth.

DIRECTIONS

- Getting this flavorful : Lemon Butter Fish on your table is incredibly quick and easy.
- Prepare & :** Season Fish: Pat the fish fillets thoroughly dry on both sides using paper towels. This helps ensure a golden sear. Season both sides generously with salt and pepper to taste.
- SautØ Garlic:** In a large skillet (non-stick or cast iron works well), melt 3 tablespoons of unsalted butter over medium heat. Once the butter is melted and slightly foamy, add the minced garlic and sautØ for about 2 minutes, stirring constantly, until it's fragrant but not browned.
- Cook : Fish - First Side:** Carefully place the seasoned fish fillets into the hot skillet. Cook for 4-5 minutes on one side until the fish turns opaque about halfway up the sides, and the cooked side is golden brown and forms a nice crust.
- Flip & : Add Lemon:** Gently flip the fish fillets using a thin spatula. Immediately pour in the juice of 1 large lemon and sprinkle the 1 teaspoon lemon zest over the fish and into the pan.
- Cook : Fish - Second Side:** Continue to cook the other side for 3-4 minutes, or until the fish is cooked through and easily flakes with a fork. The cooking time will vary depending on the thickness of your fillets.
- Spoon : Sauce & Garnish:** As the fish finishes cooking, spoon the delicious buttery sauce from the pan over the fillets a few times. Once cooked, remove from heat. Garnish generously with freshly chopped parsley.
- Serve:** Serve the Lemon Butter Fish hot, with extra

lemon wedges on the side for squeezing, and a spoonful of that amazing pan sauce.

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/easy-lemon-butter-fish-flaky-flavorful-in-minutes/>

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