

Zesty Lemon Butter Fish Fillet: My Go-To 20-Minute Dinner

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TIME
20 min

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INGREDIENTS

4 white fish fillets (such as cod, tilapia, or haddock), about 6 oz each

1/4 cup all-purpose flour

1 teaspoon salt

1/2 teaspoon black pepper

2 tablespoons olive oil

4 tablespoons unsalted butter

3 garlic cloves, minced

1/4 cup chicken broth

2 tablespoons lemon juice

2 tablespoons chopped fresh parsley

Lemon wedges for serving

Swaps and Notes:

Fish: You can use any firm, white fish for this recipe. Cod, haddock, tilapia, and halibut all work beautifully. If using a thinner fillet like tilapia, you may need to reduce the cooking time slightly.

Flour: The flour coating gives the fish a lovely golden crust. If you are gluten-free, you can skip the flour or use a gluten-free flour alternative.

Chicken Broth: Vegetable broth or even dry white wine can be used in place of chicken broth to deglaze the pan and create the sauce.

Herbs: Fresh parsley adds a pop of color and flavor, but you could also use fresh dill or chives for a different taste.

Heat: For a little kick, add a pinch of red pepper flakes to the garlic when you sauté it.

Step-by-Step Instructions:

Prep the Fish: Pat your fish fillets completely dry with a paper towel. This is a crucial step to ensure a good sear. In a shallow dish, combine the flour, salt, and pepper. Dredge each fish fillet in the flour mixture, shaking off any excess.

Heat the Skillet: In a large, non-stick skillet, heat the olive oil over medium-high heat.

Sear the Fish: Carefully place two fish fillets in the hot skillet. Cook for 3-4 minutes per side, or until they are golden brown and a crispy crust has formed. The fish should be cooked through and flake easily with a fork. Remove the cooked fillets from the pan and set them aside on a plate. Repeat with the remaining two fillets.

Make the Sauce: Reduce the heat to medium. Add the butter to the skillet and let it melt. Add the minced garlic and cook for about 30 seconds until fragrant, being careful not to let it burn.

Deglaze: Pour in the chicken broth and lemon juice. Bring the mixture to a simmer, scraping up any browned bits from the bottom of the pan. Let the sauce reduce for 2-3 minutes, until it has thickened slightly.

Add Final Touches: Remove the skillet from the heat. Stir in the fresh parsley.

Serve: Place the fish fillets back into the pan, spooning the sauce over the top to coat them. Serve immediately with extra fresh parsley and lemon wedges on the side.

Tips for Success:

Dry Fish is Key: Seriously, don't skip patting the fish dry! Moisture will steam the fish instead of searing it, preventing that beautiful golden crust.

Don't Crowd the Pan: Cook the fish in batches if your skillet isn't big enough to hold all four fillets without them touching. This allows the heat to circulate and gives you a better sear.

Watch the Garlic: Garlic can burn quickly, which will give the sauce a bitter flavor. Keep a close eye on it and cook it just until it's fragrant.

Taste the Sauce: Before you add the fish back in, give the sauce a quick taste. Adjust the salt, pepper, or lemon juice to your preference.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 350 kcal

Carbohydrates: 10g

Protein: 35g

DIRECTIONS

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11. Taste the : Sauce: Before you add the fish back in, give the sauce a quick taste. Adjust the salt, pepper, or lemon juice to your preference.
12. Serving Suggestions and Pairings: This fish is wonderfully versatile. It pairs perfectly with a side of steamed asparagus, roasted broccoli, or a simple garden salad. For a heartier meal, serve it over a bed of fluffy quinoa or mashed potatoes. To complement the zesty flavors, a crisp Sauvignon Blanc or a simple glass of blueberry lemonade makes an excellent pairing.
13. Nutritional Information (per serving, approximate):
Calories: 350 kcal
14. Carbohydrates: 10g
15. Protein: 35g
16. Fat: 18g
17. Saturated : Fat: 8g
18. Cholesterol: 100mg
19. Sodium: 800mg
20. Fiber: 1g
21. Sugar: 1g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: This dish is best enjoyed fresh, right out of the pan. However, if you have leftovers, you can store them in an airtight container in the refrigerator for up to 1 day. Reheat gently in a skillet over low heat to avoid drying out the fish. You can also flake the leftover fish and add it to a salad for a light lunch the next day.
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25. This : Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort

SWAPS & NOTES

It's incredibly quick, making it perfect for those evenings when you're short on time.

The combination of the crispy, pan-seared crust on the fish with the delicate, tangy lemon butter sauce is just divine.

The garlic and lemon cut through the richness of the butter, creating a sauce that's light, vibrant, and utterly addictive.

Plus, it's a great way to incorporate more seafood into your diet without a lot of fuss.

TIPS FOR SUCCESS

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