

#LetsCook30

EASY LEMON BUTTER FISH IN 15 MINUTES

Pan frying fish filets is the fastest and easiest way to cook fish. This recipes works well with any type of fish fillet.

Servings: 4

Ready in about: 15 minutes

4 good sized	firm white fish fillets, (cod, halibut or tilapia work well), about 6 inches long, ½ inch thick
1 tbsp	butter, melted
1 medium	lemon, juice and zest
1 tsp	salt
1 tsp	paprika
1 tsp	garlic powder
1 tsp	onion powder
1/2 tsp	black pepper
2 tbsp	olive oil
	parsley leaves or cilantro, freshly chopped for garnish or flavour
	extra lemon slices for serving

INSTRUCTIONS:

1. Use paper towels to pat-dry excess moisture from fish fillets – this step is important for fish to brown nicely in pan. Set aside.
2. In a bowl, combine melted butter, lemon juice and zest, and ½ tsp salt. Stir to combine well.
3. In a separate bowl, combine the remaining ½ tsp salt, paprika, garlic powder, onion powder, and pepper. Evenly sprinkle the spice mixture onto all sides of fish fillets.
4. In a large, heavy pan over medium high heat, heat the oil until hot. Once your oil is sizzling, cook 2 fish fillets at a time to avoid overcrowding (allows for even browning). Cook each side just until fish becomes opaque- about 2 minutes each side, lightly drizzle some of the lemon butter sauce as you cook.
5. Serve fish with chopped parsley or cilantro leave, and lemon wedges.

Adapted from: Chewoutloud.com. Accessed 2019.

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