

Pan Seared Tilapia with Lemon Caper Sauce

Ingredients

6 Tilapia Fillets
4 tbsp butter
2 tbsp minced shallots
1/2 cup flour, seasoned with salt & pepper
1/4 cup lemon juice
1/2 cup white wine
1/4 cup capers, drained & rinsed

Directions

Put aside 1 tsp of seasoned flour for the lemon-caper sauce. Take tilapia fillets and coat with remaining seasoned flour. Set aside.

In a large nonstick skillet, melt 1.5 tbsp butter over medium heat, then sauté 3 tilapia fillets, turning over once with a spatula, until golden and just cooked through, 4-5 minutes. Transfer to plate. Sauté remaining fish in butter in same manner. Remove all fish and keep warm.

In the same skillet, add remaining tbsp of butter, shallots and 1 tsp of seasoned flour. Sauté for 5 minutes. Add lemon juice and white wine. Simmer till sauce is slightly thickened. Add capers to sauce and spoon over fish.

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