

Fluke Piccata with Spinach

Ingredients

4 Fluke Fillets	1 tbsp drained capers, chopped
1/4 tsp salt, divided	2 tbsp butter
1/8 tsp black pepper	4 cups fresh baby spinach
2 tbsp flour	
2 tsp olive oil	
1/3 cup dry white wine	
2 tbsp fresh lemon juice	

Directions

Sprinkle fish with salt and pepper. Dredge fish in flour. Heat oil in large non-stick skillet over medium-high heat. Add fish to pan; cook 3 minutes per side or until fish flakes easily when tested with a fork.

Add wine, lemon juice and capers to pan. Cook for 1 minute. Add butter to pan, stirring until butter melts. Remove fish and sauce from pan; keep warm.

Wipe pan clean with a paper towel. Add spinach to pan; sauté 1 minute or until wilted.

Place spinach on plates and top with fish. Enjoy!

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