



Pan Fried Branzino

INGREDIENTS

Four 6-ounce skinless Branzino fillets
½ teaspoon kosher salt
¼ teaspoon freshly cracked black pepper
All-purpose flour; a dusting
2 tablespoons unsalted butter divided
1 lemon cut into wedges, for serving
parsley to garnish

DIRECTIONS

Season the fillets with salt and pepper, then dust with flour on both sides, shaking off any excess. In a large nonstick skillet, melt the butter over medium-high heat. When foaming subsides, add the fish. Cook the fish, turning once with two wide spatulas, until golden-brown, about 3 minutes on each side. If one side gets too dark, reduce the heat to medium. Transfer the fish to a plate, garnish with parsley and lemon wedges. Serve immediately. Makes four servings: 250 calories per serving