Pan-Seared Whitefish with Lemon Caper Sauce

- Seafood - Whitefish

Instructions

1. Pat the whitefish dry and season both sides with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat.
3. Sear the fillets for 3–4 minutes per side or until golden and cooked through. Remove and set aside.
4. In the same skillet, melt butter, add lemon juice and capers. Stir and simmer for 1–2 minutes.
5. Spoon sauce over the whitefish and garnish with parsley if using.

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