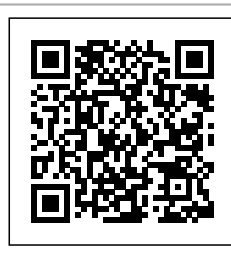


Fish Piccata



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Recipe by: Laura Vitale

Serves 2

Prep Time: minutes

Cook Time: minutes

Ingredients

- 4 Fresh Filet of Tilapia
- 1 Clove of Garlic,
- 2 tsp of Olive Oil
- Salt and Pepper to taste
- 1 Tbsp of Flour
- 2 Tbsp of Capers or to taste
- 1/2 Cup of White Wine
- Zest and Juice of One Whole Lemon
- Fresh Chopped Parsley
- 1 Tbsp of Butter

1) Place the fish fillets on a large plate and season each side with salt, pepper and some of the flour. Flip it over and do the same on the other side.

2) Preheat a large non stick skillet over medium high heat, add the oil and allow it to heat up. Add the seasoned fish and cook for about 2 minutes on each side. Add the garlic and cook for a few seconds.

3) Add the wine, lemon zest, lemon juice and capers and cook for about 2 minutes. Season with salt and pepper and add butter and parsley. Cook just until the butter melts.

Serve immediately!

