

PICKEREL PICCATA

Time: 20 minutes

Serves: 4

Ingredients:

2 tablespoons extra-virgin olive oil
1 pound fresh pickerel filets
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
¼ cup chicken stock
2 tablespoons fresh lemon juice
2 tablespoons butter
4 tablespoons capers – drained
4 tablespoons fresh parsley - chopped

Preparation:

Heat a large cast frying pan over medium heat and add the oil.

Sprinkle both sides of the fish filets with the salt and pepper then add to the pan, cooking for three minutes on each side. Carefully remove from the pan and set aside.

Turn off the burner then add the stock and lemon juice to the pan, mixing with the oil and scraping up any caramelized bits.

Pour this mixture into a small pot over medium heat and bring to a simmer. Reduce heat to medium low and whisk in the butter, stirring constantly. Do not let the sauce boil. Remove from heat.

Top the fish filets with the lemon/butter sauce, capers and parsley, serving immediately.

Nutritional Information Per Serving:

Calories: 223
Fat: 14g
Carbs: 2g
Fibre: 0.5g
Protein: 22g