

# Fish

Italian fish recipes.

- [Fish Piccata](#)

# Fish Piccata



**Time:** ~30 min | **Difficulty:** Easy

## Ingredients:

- 4 white fish fillets (cod, sole, or tilapia)
- ½ cup all-purpose flour (for dredging)
- 3 tbsp butter
- 2 tbsp olive oil
- ¼ cup dry white wine
- 3 tbsp fresh lemon juice
- 2 tbsp capers, drained
- Fresh parsley, chopped

- Salt & pepper

## **Instructions:**

1. Season fish fillets with salt and pepper, then dredge lightly in flour.
2. Heat olive oil and 1 tbsp butter in a large skillet over medium-high heat. Cook fillets mostly on one side (~3–4 min) until golden, then flip and cook 1–2 min more. Remove to a plate.
3. In the same pan, add wine and lemon juice, scraping up browned bits. Let reduce slightly.
4. Swirl in remaining 2 tbsp butter and the capers. Stir until the sauce emulsifies.
5. Spoon sauce over fish, garnish with parsley, and serve with a side of angel hair pasta or roasted vegetables.