



Sauteed Tilapia with Lemon Peppercorn Pan Sauce

Cooking Light

BAH Note: I didn't have Tilapia on hand that last time I made this so I used Orange Roughy. Any firm, white fish would probably work. Just make sure that it's a thin fillet. I find that the pan sauce is a little piquant even with rinsing the capers, which I used instead of brined peppercorns. When you add the butter into the pan sauce, remember that even softened solids going into liquids will cause a splash. I didn't, and ended up with sauce everywhere.

- 3/4 cup chicken broth (I like the low sodium version)
- 1/4 cup fresh lemon juice
- 1 1/2 teaspoons drained, brine packed green peppercorns, lightly crushed (I used rinsed capers)
- 3 teaspoons butter, divided
- 1 teaspoon vegetable oil
- 2 Tilapia fillets (I used Orange Roughy)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup all purpose flour

Combine broth, lemon juice, and peppercorns (or capers) in a small bowl.

Melt 1 teaspoon butter with vegetable oil in a large nonstick skillet over low heat. While butter melts, sprinkle fish with salt and pepper. Place the flour in a shallow dish. Dredge fillets in flour and shake off excess.

Increase heat to medium-high until butter begins to turn golden brown. Add fillets to pan and cook for 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from the pan and cover to keep warm.

Add broth mixture to pan, scraping up any loosened browned bits. Bring to a boil cook about 3 minutes or until reduced to 1/2 cup. Remove from heat and stir in last 2 teaspoons butter with a whisk.

Spoon sauce over fillets and garnish with lemon wedges, if desired.