

FLOUNDER PICCATA WITH LEMON AND CAPERS

Ingredients

- 2 tablespoons olive oil
- 4 small white fish fillets (such as tilapia or flounder), about 1 pound total
- Kosher salt and freshly ground black pepper
- 1/4 cup almond flour
- 1/4 cup white wine
- 2 lemons, juiced
- 2 tablespoons capers
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley



Directions:

1. Heat the olive oil in a large sauté pan over medium-high heat.
2. While the pan is heating, blot the fish dry with paper towels and season with salt and pepper.
3. Dredge in the almond flour, shaking off any excess.
4. Sauté the fish in the oil until just cooked through, about 4 minutes, flipping halfway through.
5. Remove the fish to a platter.
6. Deglaze the pan with the white wine, whisking for about 1 minute.
7. Add the lemon juice and capers and stir.
8. Add the butter and stir or whisk to incorporate to bring the sauce together.
9. Pour onto the fish and garnish with the chopped parsley.

Serve over riced cauliflower & or with steamed Spinach

Makes 4 servings