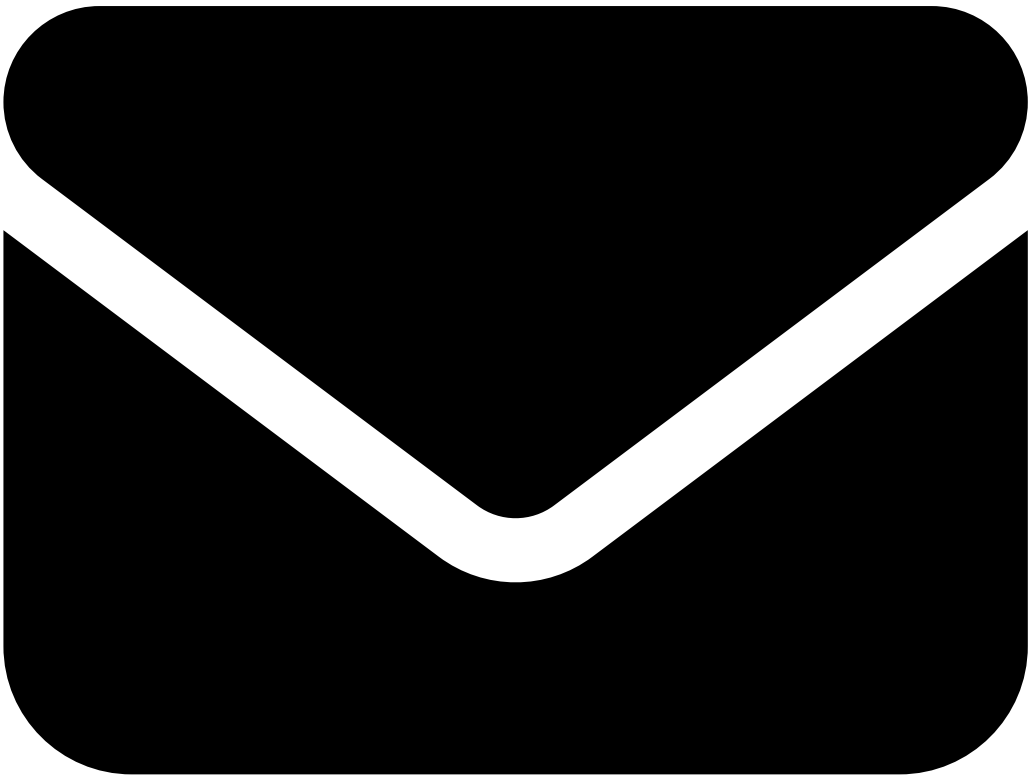
Lemon Cod Piccata (Light Italian Seafood Dinner)

Easy 30 minute Lemon Cod Piccata

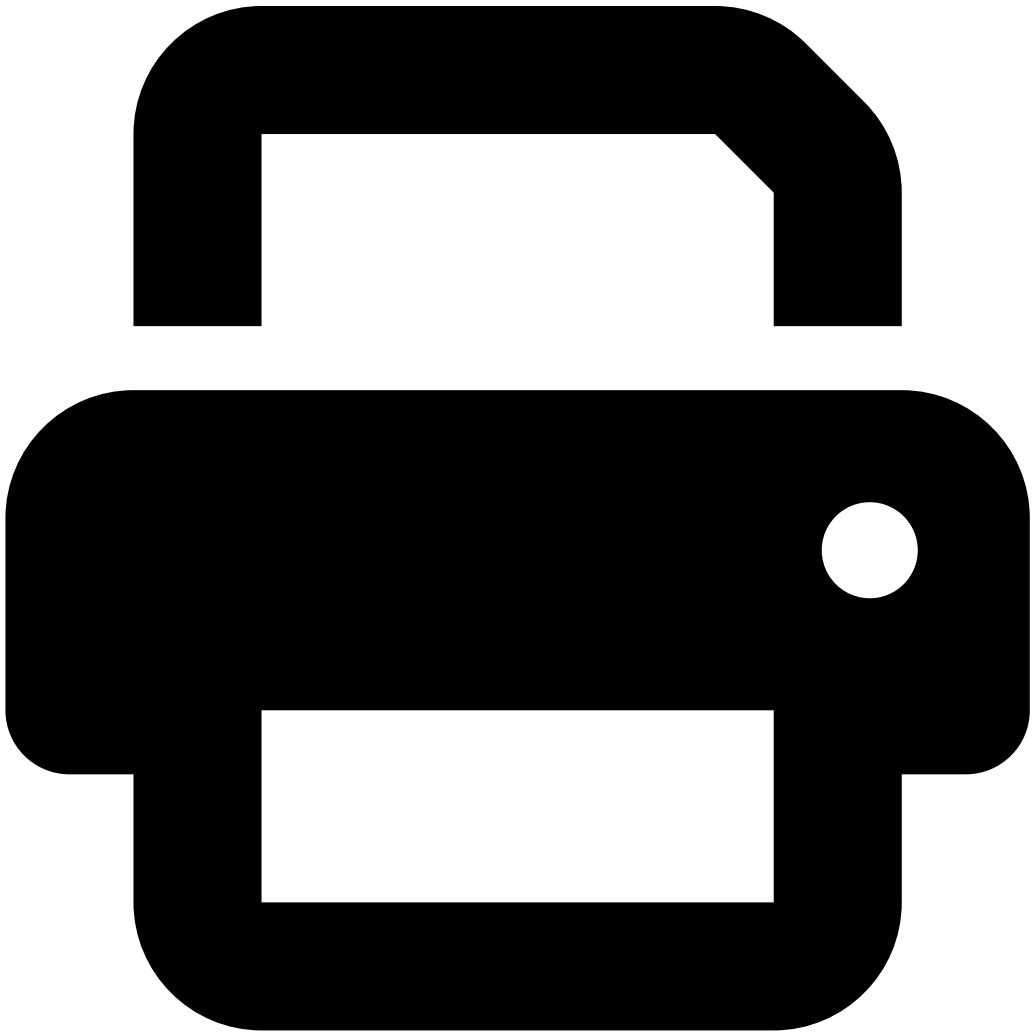
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If you love the bright, buttery flavors of **Italian piccata**, this **Lemon Cod Piccata** is a lighter seafood twist on the classic. Traditionally made with veal or chicken, piccata features a silky **lemon, butter, and caper sauce** that’s both tangy and rich. When paired with delicate **pan-seared cod**, the result is a restaurant-quality dish that comes together in about **30 minutes**.

This recipe is perfect for weeknights when you want something elegant but easy. The cod is lightly dredged in flour and seared until golden, then finished in a **lemony white wine piccata sauce** packed with briny capers and fresh parsley. Serve it with **pasta, roasted potatoes, or crusty bread** to soak up every drop of the sauce.

It’s simple, flavorful, and a great way to bring a classic **Italian seafood recipe** to your dinner table.

Things to know about this Lemon Cod Piccata (Light Italian Seafood Dinner)

Choose the right cod
Fresh cod works best for this recipe, but high-quality frozen cod (fully thawed and patted dry) also works well.

Don’t skip drying the fish
Removing moisture helps the fish develop that beautiful **golden crust** when searing.

Use fresh lemon juice
Bottled lemon juice won’t give the same bright flavor that makes piccata sauce so special.

Control the sauce thickness
If the sauce becomes too thick, add a splash of broth. If it’s too thin, simmer it another minute or two.

Great side dishes
This cod piccata pairs beautifully with:

- Angel hair pasta
- Garlic mashed potatoes
- Sautéed spinach
- Roasted asparagus

If you loved this **Cod Lemon Piccata**, be sure to explore more classic Italian recipes on the blog. Try my **Chicken Parmesan**, **Tuscan Kale and Potatoes**, or Italian – style meatloaf with roasted potatoes for more comforting Italian flavors.

And if you make this recipe, leave a comment and rating below—I’d love to hear how it turned out for you!

Lemon Cod Piccata (Light Italian Seafood Dinner)



Light and flavorful **Cod Lemon Piccata** made with pan-seared cod, lemon, butter, capers, and white wine. A quick Italian seafood dinner ready in 30 minutes.

- 4 6 oz. cod fillet
- salt and pepper to taste
- 1/2 cup flour
- 3 Tbsp extra virgin olive oil
- 3 Tbsp. butter
- 2 Tbsp. finely minced shallots
- 1 cup dry white wine
- 1 cup chicken stock
- 1/3 cup lemon juice
- 1/2 cup capers
- 1/3 cup freshly chopped Italian parsley

1. **1. Prepare the cod**Pat the cod fillets dry with paper towels. Season both sides with salt and pepper, then lightly dredge them in flour. Shake off any excess flour.

2. **2. Sear the fish** Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Add the cod fillets and cook for about **3–4 minutes per side** until golden and flaky. Remove from the pan and set aside.

3. **3. Build the piccata sauce** In the same skillet, melt another tablespoon of butter. Add the minced shallots and cook for about **30 seconds** until fragrant.

4. **4. Deglaze the pan** Pour in the white wine and scrape up the browned bits from the bottom of the pan. Let the wine simmer until reduced by about half.

5. **5. Add the lemon and capers** Stir in the chicken broth, fresh lemon juice, and capers. Let the sauce simmer for **3–4 minutes**.

6. **6. Finish the sauce** Whisk in the remaining tablespoon of butter to create a silky texture.

7. **7. Return the cod** Place the cod back in the skillet and spoon the sauce over the fillets. Let them warm in the sauce for **1–2 minutes**.

8. **8. Garnish and serve** Top with fresh parsley and lemon slices. Serve immediately with pasta, potatoes, or crusty bread.

Main Course
Italian