

30 minute Red Snapper Piccata

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This 30 minute Red Snapper piccata has all the flavors of a traditional piccata with a few add – ins. Traditional piccata is a sauce of lemon, parsley, butter and capers. In this recipe

It's a restaurant quality meal, that was on special at the restaurant, whenever the fresh red snapper and garden tomatoes were available.

If you know me I can't get enough of easy meals that require simple ingredients with minimal prep and clean up, recipes like this one, it comes together in less than 30 minutes, and the best part you only need one pan.

It's the perfect balance between savory, salty and tangy, flavors that make this fish dinner perfect for weeknight family meals or Friday night dinner with friends.

Things to know about this 30 minute red snapper picatta recipe

In this recipe I used red snapper. I have made it using tilapia and I like them both. You can use any firm white fish you like. Be sure not to over cook it , fish cooks quickly over cooking dry's it out.

The fish in this recipe took three minutes on each side to cook, then I removed it from the pan while making the tomato piccata sauce. Here too you can adjust the constituency and flavor of the sauce to your liking by how long you cook it.

For a fresher, lighter sauce for warmer weather I only cook it about ten minutes retaining the fresh taste of the lemon and tomatoes.

If am going to reheat the fish for later serve a under cook it just a tat. Another thing I like to do when I make this is add one sliced lemon to the sauce for extra lemon flavor.

Please leave me a comment if you make this recipe and don't forget to tag me on Instagram, hearing your experiences with my recipes is my favorite part!!!

Ingredients

- 1 Lb. red snapper
- 1/2 Lb. cherry tomatoes cut in half
- 1 cup chicken stock
- 2 Tablespoons lemon zest
- 1/4 cup lemon juice
- 1/2 cup capers
- 1 cup chopped spinach
- 2 anchovies
- 1/4 cup flour
- 2 tablespoons each butter and olive oil
- 1 Tablespoons minced garlic
- 1/2 cup chopped onion
- 2 tablespoons each chopped Italian parsley, and basil
- Salt and pepper to taste

Instructions

1. Salt, pepper and lightly coat fish with the 1/4 cup flour
2. In a large saute pan bring oil and butter to medium high heat
3. Add fish cook 3 to 4 minutes per side
4. Remove fish

5. Add onions and garlic cook until tender and just beginning to brown
6. Add tomatoes cook covered 10 minutes
7. Add spinach and herbs cook 5 minutes longer
8. Return Red Snapper to pan just to heat through
9. Plate fish Pour tomato picatta sauce over fish
10. Garnish with lemon slices and Italian parsley and ENJOY!!!!