

# 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!!!!
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## **Pan seared Citrus Salmon**

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Don't let the looks of this pan seared Citrus Salmon dinner intimidate you. This salmon meal may look intimidating, but it's not, it's quick and easy too. It's all made in one pan, with salmon, garlic, onion and the fresh taste of orange and lemon.

Not only is this citrus salmon easy and delicious, it looks and feels fancy. Best part? It comes together in less than 30 minutes. You'll want to make this healthy meal often. It's perfect for family week night dinners and decant enough for Saturday night dinner with friends.

This is a restaurant quality meal you can make in your kitchen, to show off what a great chef you are.

## **Things to know about this pan**

# seared citrus salmon recipe

Start by cutting the salmon into equal parts. The measurements in this recipe are for two, if you want four meals double the recipe. Salt and pepper the salmon, in a large saute pan bring the olive oil and butter to medium heat.

Brown salmon 3 to 4 minutes per side then remove fish, add the onions and garlic to the saute pan cook until tender and just beginning to brown.

Now add the lemon, orange juice. lemon, orange sections, herbs and one pat of butter coated in flour to thicken the sauce, simmer for five minutes, return fish to pan only to heat through.

Plate salmon pour sauce over sprinkle with additional Italian parsley and rosemary and enjoy a restaurant quality meal, made by you.

If you like salmon recipes that are easy to make and delicious try my quick and easy salmon piccata

If you made this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

## Ingredients

- 2 6 oz. skinless salmon fillet
- 2 Tablespoons each butter and extra virgin olive oil
- 3 Tablespoons chopped garlic
- 1/2 chopped onion
- 1 cup orange juice
- 2 tablespoons lemon juice
- 2 mandarin oranges sectioned

- 1 lemon sliced
- 2 Tablespoons each lemon and mandarin rind
- 2 Tablespoons honey
- 2 Tablespoons each chopped rosemary and Italian parsley
- Salt and pepper to taste

## Instructions

1. Salt and pepper salmon
2. In a large saute pan melt the butter and olive oil bring to medium high heat
3. Add salmon saute until brown 3 to 4 minutes per side
4. remove salmon set aside
5. Add onion and garlic saute until tender and just beginning to brown
6. Add orange juice, lemon juice, sliced lemons, mandarin oranges, honey, herbs and one tablespoon of butter coated in flour
7. Cook until sauce thickens about 5 minutes
8. Return salmon to pan heat through
9. Plate salmon pour sauce over sprinkle with additional rosemary and Italian parsley....ENJOY