

# Pan-Seared Meagre with Lemon-Caper Sauce

Recipe source: [Hooked on Fish](#)

## **INGREDIENTS:**

### ***For the fish:***

- 2 6-ounce meagre fillets
- Olive oil
- Salt and pepper
- Canola oil for the pan

### ***For the sauce:***

- 3 tablespoons butter
- 1 tablespoon lemon juice
- 1 tablespoon capers
- 1 tablespoon parsley, chopped

## **DIRECTIONS:**

- Preheat oven to 425° F.

Lightly score the skin of the fish. Using a sharp knife, make 3 or so (depending on size) parallel cuts on a diagonal, about ¼" deep.

- Heat canola oil in an oven-proof skillet.
- Drizzle both sides of fish with olive oil and season with salt and pepper.
- Sauté fish, skin side down, on medium-high heat for about 4 minutes (for until fish easily releases from the pan).
- Turn over and put the pan in the oven for about 6 minutes (depending on thickness of fish).



- Once fish is done, transfer fillets to a plate and cover with foil.
- Pour off the remaining olive oil, then add butter to pan and stir periodically until butter just begins to brown. Add capers and lemon juice to heat through.
- Spoon sauce over the fish, top with parsley. Add a squeeze of lemon to taste.