

Sauteed Tilapia

The sauce is a simple one. It's a traditional caper sauce made with a wine broth and lemon reduction finished with butter which thickens the sauce up a bit and gives it a sweeter creamier flavor.

INGREDIENTS

Serves 4 people.

- 1 cup of flour for dredging
- 1 tsp of salt
- 1 tsp of fresh ground black pepper
- 1 pound of tilapia fillets
- 2 Tbls of olive oil
- 1 bunch of long green onions chopped.
- 2 cloves of garlic finely chopped.
- 1 Tbls of capers
- 3/4 cup of white wine
- 1/2 cup chicken broth
- Juice of 1 lemon
- 2 Tbls of butter

PREPARATION

1. Place the flour in a shallow bowl and season with salt and pepper.
2. Dredge the tilapia filets in the flour.
3. In a large pan, sauté the tilapia fillets in the olive oil until browned on both sides about 3 minutes on each side.
4. Remove fish from the pan and set aside on a warm platter.
5. Add a little more oil to the pan and sauté the onions and garlic until tender.
6. Add the capers, wine, broth and lemon juice to the pan.
7. Bring to a boil and reduce to around half.
8. Turn off the heat and finish the sauce by stirring in the butter.
9. Plate the tilapia and spoon over the sauce.