

STARTER & SNACK

Crispy Golden Sauteed Fish

28 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	4	\$1.18	204 kcal



Indulge in the delightful flavors of our Crispy Golden Sautéed Fish, a dish that promises to elevate your dining experience in just 20 minutes! Perfect for antipasti, starters, or as a light snack, this recipe features flounder or any mild white fish, expertly cooked to achieve a golden, crispy crust...

Ingredients

☐ 12 ounces flounder or other mild white fish, 1/2-inch thick, cut into 4 (3-ounce) pieces
cut into 4 3-ounce pieces

☐ 2 tablespoons chopped fresh parsley

☐ 4 servings Kosher salt and freshly ground black pepper

☐ 3 tablespoons vegetable oil

☐ 1 teaspoon all-purpose flour

☐ 1 Juice of lemon

☐ 2 tablespoons unsalted butter

EQUIPMENT Frying pan, Paper towels, Sauce pan, Spatula

Method

- 1 Watch how to make this recipe.
- 2 Prepare the fish by rinsing and patting dry, without squeezing the delicate fish flesh. Salt and pepper both sides of the fish.
- 3 Heat the oil over medium-high heat in a medium saute pan.
- 4 Cook's Note: Do not use a nonstick pan.
- 5 The oil should be glossy, but not smoking. While the oil is heating, take a fresh paper towel and pat the fish dry a second time, and dredge the fish in flour on both sides, patting off the excess. This will make your beautiful crust-searing foolproof!
- 6 Place the fish in the pan and cook undisturbed for 3 minutes. Flip the fish, being firm with the spatula in order to scrape up the whole golden-seared crust when you flip. Once flipped, place 1/2 tablespoon of butter on top of each piece of fish, and allow it to melt into the saucepan. It may brown somewhat, but it should not burn. Allow the mixture to cook another 2 minutes and then remove the fish. Deglaze the pan with the lemon juice (be careful with splatters!), and quickly scrape up the brown bits of flavor. Toss in the parsley, taste for seasoning, and spoon a teaspoon of the rich lemony butter onto the fish and serve.

Nutrition per serving

204	11 g	18 g	1 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.5 g · 35% of daily needs
Sugar			0.2 g · 0% of daily needs
Sodium			70.9 mg · 3% of daily needs
Cholesterol			53.3 mg · 18% of daily needs
Vitamin C			5.6 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/crispy-golden-sauteed-fish-146050