



Ingredients:

6-8 oz Branzino filet, skin on
1/4 cup AP flour
6 oz olive oil, divided
3 oz yellow onion, chopped
2 cloves garlic, chopped
1/2 cup chopped tomato
6 Sicilian capers
Zest from 1 lemon.

Directions:

Season the filet with salt and pepper, dredge in all-purpose flour.

In a pan, heat 3 oz olive oil on high heat. Once oil is hot, add fish to pan skin side down and cook until browned.

Remove fish.

Add garlic, onion, and remaining oil to pan and cook until onions are soft. Add tomatoes and capers to pan, cook for 5 minutes. Return fish to pan for 4-5 minutes.

Top with lemon zest and serve.

