

Pan Fried Rockfish

Fast, delicious pan-seared rockfish with a buttery lemon herb sauce in **less than 20 minutes** .

Ingredients

- 2 to 4 fresh **rockfish** fillets
- 2 tablespoons **olive oil**
- 3 to 4 tablespoons **butter**
- to taste **Salt & black pepper**
- ½ teaspoon **garlic powder**
- to taste Fresh **herbs** (green onion, thyme,parsley)
- 1 fresh **lemon**

Instructions

1. **Prep the fish:** Rinse the rockfish fillets and pat them completely dry with a paper towel. Season both sides with salt, pepper, and garlic powder.
2. **Heat the pan:** Place a cast-iron skillet over medium-high heat and add the olive oil and butter until melted and hot.
3. **Sear the first side:** Place the fillets in the pan presentation-side down. Cook undisturbed for 3 to 4 minutes until a golden crust forms.
4. **Infuse with herbs:** Lay fresh herbs and onions right on top of the fish. Use a spoon to continuously scoop the hot butter and oil over the herbs and fish to build flavor.
5. **Flip and finish:** Remove the herbs, flip the fillets, and cook for another 2 to 3 minutes. Zest fresh lemon over the top, return the herbs to the pan, and squeeze fresh lemon juice over the fish just before serving.