

EASY PAN-FRIED PACIFIC ROCKFISH

SERVES: 4

PREP TIME: 10 MIN

TOTAL TIME: 16 MIN

INGREDIENTS

1.5lbs of boneless, skinless
rockfish fillets
2 tbsp flour
2 tbsp cornstarch
1 ½ tsp dill, dried
¼ cup oil
½ teaspoon salt
1 lemon

DIRECTIONS

1. Combine the flour, cornstarch and dill in a shallow bowl.
2. Heat the oil in a large sauté pan over medium heat.
3. Season the filets with salt, then dredge them in the flour-cornstarch mixture. Gently tap off excess.
4. Place the filets immediately in the hot oil, and cook for 2 to 3 minutes on each side.
5. Serve with a squeeze of fresh lemon juice.



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