

# Pan Roasted Fish



**Prep Time: 10 minutes**

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## INGREDIENTS

**Yield: 2 servings**

- 2 filets of fish, 4-6 oz each (can use any white fish, salmon, scallops)
- 1 cup grape or cherry tomatoes, sliced in half
- 1 - 2 tablespoon avocado or olive oil
- Salt and pepper
- 2 tablespoons butter
- Cut lemon in half and remove pits; can also use lime or orange
- Garnish with handful of fresh chopped herbs (parsley, dill, cilantro)

**Cook time: 20 minutes**

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## PREPARATION

- Heat to medium heat (not high heat!); coat pan with olive oil.
- Pat fish dry with paper towel. Let sit for 5-10 minutes until room temperature. Season fish on one side (with skin if applicable).
- Add fish to pan and season top side of fish. Leave fish alone to cook. It will appear opaque on the edges and naturally release from pan when it is cooked on one side. The fish will stick to the pan if not cooked.
- Flip the fish to the second side.
- Add the sliced tomatoes, cut side down.
- Add butter to pan, as butter melts, tilt pan and fill spoon with melted butter and baste fish. Do this 5-6 times to flavor the fish. When opaque and cooked through remove fish and tomatoes from pan.
- Squeeze the juice of ½ of the lemon into pan with the remaining melted butter and scrape the brown bits to make sauce.
- Pour butter and lemon sauce over fish; garnish with fresh herbs.

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