

# Pan seared fish filets!

Fish filets (whatever you like, I used catfish)

1 Lemon

1 Tbsp Capers

2 Tbsp Butter

Seafood magic seasoning

Liberally season your fish with an all purpose seafood seasoning blend.

Bring pan to med high heat, add just enough oil (EV00) to barely coat the pan and add a couple tablespoons of butter. Place fish in pan and cook until nicely browned, about 4 to 5 minutes on one side.... Add in sliced lemon, a squeeze of lemon juice and a teaspoonful of capers. Flip the fish and cook another 4 to 5 minutes on other side, reducing heat to med.

We had this with tomato and arugula salad so guess what, that makes the entire dish keto friendly yet packed with flavor. Enjoy!☺