



Servings 4

Prep Time 15 min

Cooking Time 10 min

Perch with Tomato-Caper Salad



Ingredients

8-12 perch fillets

¼ cup of rice flour (optional)

Frying oil

1 tablespoon of minced shallot

2 roma tomatoes, chopped (or halved cherry tomatoes)

½ teaspoon of dried basil or fresh

¼ teaspoon of dried dill or fresh

10-15 Kalamata olives, pitted

2 teaspoons of capers, drained

1 tablespoon of lemon juice

2-3 tablespoons of extra virgin olive oil

Salt and pepper, to taste

Directions

Step 1

To make the salad, combine tomato, minced shallot, basil, dill, olives, capers, lemon juice, olive oil and salt and pepper to taste. Set aside.

Step 2

Heat ½ inch of oil in a skillet to 375 degrees Fahrenheit. Run perch fillets under cold water and pat dry. Season fish with salt. Pour rice flour into a wide bowl. When oil is hot, lightly coat fillets with rice flour, shaking off excess and lay them into the frying pan skin-side up.

Fry for 1 minute then flip over and cook the rest of the way skin-side down until golden.

Step 3

Drain cooked fish to remove excess oil and sprinkle with more salt, if desired. Serve with tomato-caper salad on the side.

