

# 10-MINUTE LEMON BUTTER SEAFOOD

(MAKES 2 SERVINGS, APPROX. 5 OZ. EACH)

TOTAL TIME: 10 MIN.  
PREP TIME: 3 MIN.  
COOKING TIME: 7 MIN.



**2 (6-oz. each)** raw sole fillets, patted dry  
**1 pinch** sea salt (or Himalayan salt)  
**1 pinch** ground black pepper  
**1 Tbsp.** ghee (organic grass-fed, if possible), *divided use*  
**1 tsp.** olive oil, *divided use*  
**1 Tbsp.** capers, drained, rinsed  
**1 clove** garlic, finely chopped  
**¼ cup** low-sodium organic vegetable broth  
**1** medium lemon, juiced  
**1 Tbsp.** fresh parsley, chopped

1. Season sole all over with salt and pepper; set aside.
2. Heat  $1\frac{1}{2}$  tsp. ghee and  $\frac{1}{2}$  tsp. oil in a medium nonstick skillet over medium-high heat.
3. Add sole to skillet; cook for 2 to 3 minutes. Flip; cook for 1 additional minute. Remove to a serving plate; tent with aluminum foil. Set aside.
4. Add *remaining*  $\frac{1}{2}$  tsp. oil, capers, and garlic to skillet; cook, stirring frequently, for 1 minute or until fragrant. Add broth and lemon juice; cook, scraping up browned bits from bottom and sides, for 2 minutes, or until liquid reduces slightly.
5. Remove from heat; add parsley and *remaining*  $1\frac{1}{2}$  tsp. ghee. Stir to combine. Place each fillet on a serving plate; evenly divide and spoon caper sauce over top. Enjoy!

## Tips:

- Capers are very salty. A good rinsing, or even soaking, will remove much of the sodium. You can also substitute the same amount of chopped olives for the capers!
- Sole is a delicate, fast-cooking fish with mild flavor. You can swap any thin, white fish fillets, like tilapia or even shrimp, for sole, if preferred.
- Sole cooks extremely fast! For best results, measure out all of your ingredients before starting to cook.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.

Recipes containing the **QE** icon are designed to be made in less than 15 minutes and require little to no cooking.



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