



Cobia with Lemon-Caper sauce

Ingredients

- **1/3** cup all-purpose flour
- **1/4** teaspoon salt
- **1/4** teaspoon pepper
- **1 1/4** lb cobia or sea bass fillets, cut into 4 pieces
- **2** tablespoons olive oil
- **1/3** cup dry white wine
- **1/2** cup reduced-sodium chicken broth
- **2** tablespoons lemon juice
- **1** tablespoon capers, rinsed, drained
- **1** tablespoon chopped fresh Italian parsley

- **1**

In shallow dish, stir flour, salt and pepper. Coat fish pieces in flour mixture (reserve remaining flour mixture). In 12-inch nonstick skillet, heat oil over medium-high heat. Place coated fish in oil. Cook 8 to 10 minutes, turning halfway through cooking, until fish flakes easily with fork; remove from heat. Lift fish from skillet to serving platter with slotted spatula (do not discard drippings); keep warm.

- **2**

Heat skillet (with drippings) over medium heat. Stir in 1 tablespoon reserved flour mixture; cook and stir 30 seconds. Stir in wine: cook about 30 seconds or until thickened and slightly reduced. Stir in chicken broth and lemon juice; cook and stir 1 to 2 minutes until sauce is smooth and slightly thickened. Stir in capers.

- **3**

Serve sauce over fish; sprinkle with parsley.