GLOBAL · DINNER

White Fish in Lemon Butter Caper Sauce

10 min · Serves 2 · 473 kcal a serve · Video 4:21 · HK's Keto & Low Carb Recipes

Pescatarian · Gluten-free ingredients · Nut-free

Pan-fried white fish under a garlicky lemon-caper butter: about 24 g protein and 4 g net carbs a serve, three-quarters of the energy from fat, and rich in selenium and vitamin B12.

Diet notes: Keto (4.2 g net carbs a serve).

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Ingredients 10 · SERVES 2

- [ ] 9 oz **white fish fillets**
- [ ] **salt**, to taste
- [ ] **pepper**, to taste
- [ ] 1 tbsp **olive oil**
- [ ] 1 small **red onion** (1¾ oz), chopped
- [ ] 3 oz **butter**, added in three parts
- [ ] ¼ oz **garlic** cloves, chopped
- [ ] ½ oz **capers**
- [ ] 5 g **fresh parsley**, chopped
- [ ] a squeeze of lime (or lemon) juice

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the fish on both sides with salt and pepper (and a pinch of cayenne if you like heat). 0:46
2. Heat the olive oil in a frying pan and fry the fish about 2 minutes a side, depending on thickness, until golden and cooked through. Lift it onto plates. 1:00
3. Add the red onion to the same pan and sauté until it starts to colour and has soaked up the leftover oil. Add a third of the butter, let it melt, then add the garlic and cook briefly. 1:22
4. Add the capers and crush them with the spoon, then add another third of the butter and the parsley and stir on low heat. 1:59
5. Squeeze in the lime juice, turn off the heat, stir in the last of the butter until combined and pour the sauce over the fish. 2:21

> **Tip** Any firm white fish works — cod, snapper, barramundi or hake, fillets or bone-in pieces. Serve with green beans, broccoli or a leafy salad to keep it keto.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
473 kcal	**24** g	**5.1** g	**0.9** g	**40** g	**650** mg
1,980 kJ	48% of a day	4.2 g net · 1.3 g sugars	3% of a day	22 g saturated	28% of a day
		2% of a day		52% of a day	

Energy from net carbs 4% · protein 20% · fat 76% — fits keto: 4.2 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Selenium 71% · Vitamin B12 49% · Vitamin K 42% · Vitamin A 33% · Omega-3 23% · Vitamin B6 22%

Source of (10–19%) Vitamin E 19% · Magnesium 12% · Vitamin C 11%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=JNA5vc1LiWA, published 13 October 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/white-fish-lemon-butter-caper-sauce