

Pan Fried Cod with Meuniere Sauce

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-fried-cod-fish-chinese-recipe>

Ingredients:

- 1 pound cod fish
- 2 tablespoons cooking oil for frying fish
- 4 tablespoons flour
- 2 eggs beaten
- salt
- pepper
- capers to garnish, optional
- fresh parsley to garnish, optional
- 4 tablespoons butter unsalted
- 1 tablespoon lemon juice freshly squeezed
- salt
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 135 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 9 grams
8. Sodium: 660 milligrams

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