

Simple Italian Pan Fried Fish

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 pound perch pieces** halibut or cod or fish of choice
- 1 pinch salt
- 2 tablespoons olive oil
- 1/4 cup Italian parsley chopped fresh
- 1 lemon small, thinly sliced
- fish slices **I like the thicker of, for pan frying but even thin will work.

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 65 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 1 grams
8. Sodium: 180 milligrams

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