

# Pan-Seared Grouper

with Balsamic Brown Butter Sauce

## INGREDIENTS

- 4 (4- to 6-oz.) Louisiana grouper filets
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 Tbsp olive oil
- 4 Tbsp butter
- 1 Tbsp balsamic vinegar
- 1 tsp minced shallot
- 1 tsp lemon juice

## DIRECTIONS

1. Preheat oven to 425°. Pat fish dry with paper towels, and let stand at room temperature for 10 minutes. Sprinkle filets with salt and pepper.
2. Heat oil in a large ovenproof skillet over medium-high heat. Ensure pan is hot before adding fish. Carefully place filets, top side down, in hot oil. Press very lightly with a spatula while cooking for even searing. Cook 3 to 4 minutes or until the edges are lightly browned.
3. Transfer skillet to oven. Bake at 425° for 4 to 5 minutes or until the fish is opaque.
4. Remove skillet from oven, and place fish, seared side up, on a platter.
5. Wipe skillet clean. Cook butter in skillet over medium heat 2 to 2 1/2 minutes or until butter begins to turn golden brown.
6. Pour butter into a small bowl. Whisk in vinegar, shallot, and lemon juice. Season with salt and pepper, as needed. Serve on top of grouper filets.



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## HEALTHY SWAPS

- **Lower Fat:** Use low fat butter spread such as Smart Balance Light. 210 Calories. 13g Fat (8g Saturated fat, 70mg Cholesterol.) 180mg Sodium. 1g Carbohydrates (0g Fiber, 1g Total sugar.) 22g Protein.
- **Lower Carbohydrate:** Recipe is low-carbohydrate as is.
- **Lower Sodium:** Use unsalted butter to reduce sodium to 95mg.
- **Dairy-free:** Use vegan butter. 260 Calories. 19g Fat (3g Saturated fat, 40mg Cholesterol.) 190mg Sodium. 1g Carbohydrates (0g Fiber, 1g Total sugar.) 22g Protein.
- **Gluten-free:** Recipe is gluten-free as is.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	4 servings per container	<b>Total Fat</b> 19g		<b>24%</b>	<b>Total Carbohydrate</b> 1g		<b>0%</b>	
Serving size 1 filet (140g)	Saturated Fat 8g		<b>40%</b>	Dietary Fiber 0g		<b>0%</b>		
<b>Calories</b> per serving	Trans Fat 0g			Total Sugars 1g				
	<b>Cholesterol</b> 70mg		<b>23%</b>	Includes 0g Added Sugars		<b>0%</b>		
<b>260</b>	<b>Sodium</b> 180mg		<b>8%</b>	<b>Protein</b> 22g		<b>44%</b>		
	Vitamin D 0mcg	0%	• Calcium 40mg	4%	• Iron 1.2mg	6%		
	Potassium 15mg	0%						

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.