

# SeaFood Charlie Recipe

## Pan-Seared Rockfish with Lemon Caper Sauce

### Ingredients

#### Seafood

\* 8 oz Rockfish

#### Produce

\* 1 small handful Herbs, fresh

\* 1 Lemon

#### Condiments

\* 1 tbsp Capers

#### Baking & Spices

\* 1 tbsp Flour

\* 1 pinch Salt

#### Oils & Vinegars

\* 1 tbsp Olive oil

#### Dairy

\* 2 tbsp Butter