

A HOME COOK. A SERIOUS PLATE.

Lemon-Parmesan Fish with Zucchini Linguine

Golden pan-seared white fish over garlicky zucchini ribbons with lemon, herbs, and Parmesan.



PREP 20 min

COOK 20 min

SERVES 4

WHAT YOU'LL NEED

- 4 white-fish fillets
- Salt, pepper and garlic powder
- ½ cup finely grated Parmesan
- 2 tbsp olive oil and 2 tbsp butter
- 3 medium zucchini, spiralized
- 4 garlic cloves
- 1 lemon, zest and juice
- Basil, parsley and red-pepper flakes

THE APPROACH

01 Pat the fish dry, season, and press a light layer of Parmesan onto the presentation side.

02 Sear in olive oil until deeply golden; flip, add butter, and baste until just cooked through.

03 Briefly sauté garlic and pepper flakes, then toss in zucchini ribbons for only 2–3 minutes.

04 Add lemon and herbs, twirl onto plates, top with fish, and finish with more Parmesan.

This recipe began as a reconstruction from the finished plate and can be refined with the original cook notes.