Lemon Fish with Caper White Beans

2 fish-and-bean portions · Active 15 min · Total 30 min

Skills: Easy

Ingredients

- 2 white-fish fillets, 5–6 oz each (150 g each), fully thawed
- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 garlic clove, minced
- 1 can cannellini beans, 15 oz (425 g), drained and rinsed
- 1/2 cup vegetable stock (120 ml)
- 1 tablespoon capers, drained (10 g)
- 1 tablespoon lemon juice (15 ml)
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped parsley (8 g)

Set out

10-inch deep skillet with lid, Wide spatula, Instant-read thermometer

Allergens

Fish. Check labels and substitutions.

Make it

1. Heat oil over medium heat. Soften onion for 5 minutes, then add garlic for 30 seconds.

2. Add beans, stock, capers and lemon. Bring to a gentle simmer.

3. Season fish with salt and pepper and lay over the beans. Cover and simmer gently for 6–10 minutes, depending on thickness, until fish reaches 145°F/63°C.

4. Scatter parsley and serve fish over beans with the pan juices.

Plan fish for an early stop

Choose a meal time when cold storage and cooking are dependable. Keep raw fish sealed below ready-to-eat foods in the refrigerator or cooler to contain drips.

A useful detail

If fillets are very thin, start checking at 4 minutes; avoid boiling hard under delicate fish.

Keep it well

Best freshly cooked. Refrigerate leftovers promptly in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat gently to 165°F/74°C. Do not retain leftovers without reliable refrigeration.