

LemonOrange Orange Roughy

Jacob · 28/09/2024

**Prep Time**

15 mins

Difficult

Medium

Servings

4

Description

This orange roughy recipe is very quick to prepare and has a citrus twist

Ingredients

- - 1 tablespoon olive oil - 4 (4 ounce) fillets orange roughy - 1 orange
- juiced - 1 lemon
- juiced - ½ teaspoon lemon pepper

Instructions

1. Heat oil in a large skillet over medium-high heat. Place fillets into hot oil. Drizzle with orange juice and lemon juice
2. then sprinkle fillets with lemon pepper. Cook until fish flakes easily with a fork
3. 2 to 3 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).