**Honey Lime Grouper**

4 Grouper Fillets (4-5 ounce each)

Zest of 1 lime, plus 2 tablespoons lime juice

1 tablespoon olive oil

1.5 tablespoons honey

½ teaspoon salt

½ teaspoon pepper

1 clove garlic, minced

Dredger and Cooking:

¼ cup flour

¼ cup seasoned bread crumbs

¼ teaspoon salt

¼ teaspoon pepper

1-2 tablespoons olive oil

Lime wedge for serving

Fish and marinade: in a small bowl, whisk together lime juice and zest, olive oil, honey, salt, pepper, and garlic. Place the grouper in a gallon-size resealable bag and pour the marinade on top of the fish. Press the air out of the bag, seal it and refrigerate for at least one hour or up to four hours. Flip the bag once or twice during the marinade time.

Dredging and Cooking: In a shallow dish, whisk together flour, salt and pepper. Heat the olive oil in a large nonstick skillet over medium heat until rippling and hot. Dredge each fillet in the flour, coating both side lightly. Cook fillets for 3 to 5 minutes per side without moving the fish while it cooks. Adjust the cooking time as needed, depending on the thickness of the fillets. Cook in batched, if necessary, so the skillet isn’t overcrowded. Serve immediately with lime wedges.

Note:

To use as a make ahead meal, once fish and marinade are combine, freeze until ready to prepare meal. Let fish thaw in bag in refrigerator over night or throughout the day. Once thawed, dredge and cook according to above directions.