

# Branzino with Spinach and Potatoes

Pan-fried branzino with creamy mashed potatoes and sautéed spinach. A delicious Turkish-inspired seafood dish ready in 35 minutes.

10 min

PREP

25 min

COOK

35 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Branzino with Spinach and Potatoes

## Ingredients

- 1.8 lb potato
- 4 branzino
- 4 egg
- 4 tbsp flour
- 0.5 cup milk
- 2 tbsp butter
- 1.3 lb spinach
- 0 nutmeg
- 1 bunch parsley
- 0.5 cup caper (caparis)
- 1 lemon

## Instructions

- 1 Prepare the potatoes**

Cut the 1.3 lb potatoes into 1-inch cubes. Bring a large pot of salted water to boil over high heat, add the potato cubes, and cook until fork-tender, about 15-20 minutes.
- 2 Drain the potatoes and return them to the pot.** Add 1/2 cup milk, 2 tablespoons butter, and season with salt and pepper. Mash until smooth and creamy, then keep warm.
- 3 Set up breading station**

Set up three shallow bowls: place flour in the first bowl, beat 4 eggs with salt and pepper in the second bowl, and place breadcrumbs in the third bowl.
- 4 Pat the 1.8 lb branzino fillets dry** with paper towels and season both sides with salt and pepper. Dredge each fillet in flour, dip in beaten eggs, then coat thoroughly with breadcrumbs, pressing gently to adhere.
- 5 Cook the spinach**

Heat a large skillet over medium heat and melt butter. Add the 1 bunch spinach and cook, stirring frequently, until wilted and tender, about 2-3 minutes.
- 6 Season the spinach** with salt, pepper, and a pinch of nutmeg. Transfer to a plate and keep warm.

- 7 **Cook the fish**  
Heat 4 tablespoons olive oil in the same large skillet over medium-high heat until shimmering. Carefully add the breaded branzino fillets and cook until golden brown and crispy, about 3-4 minutes per side.
- 8 Add capers and chopped parsley to the pan with the fish. Cook for 1 minute more, basting the fish with the flavored oil.
- 9 **Serve**  
Divide the mashed potatoes among 4 plates and top each portion with the sautéed spinach. Place a branzino fillet on top of each serving.
- 10 Spoon the caper and parsley oil from the pan over each fillet and serve immediately with lemon wedges.

## Tips

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Pat the branzino fillets completely dry with paper towels before breading to ensure the coating adheres properly and creates a crispy crust.

Set up your breading station in order: flour, beaten eggs, and breadcrumbs. This assembly line approach makes the process more efficient and less messy.

Use russet potatoes for the creamiest mashed potatoes, and make sure they're fully tender before mashing to avoid lumps.

Don't overcook the spinach - it should be wilted but still bright green. Remove it from heat as soon as it's tender.

Heat your oil to the right temperature before adding the fish. The oil should sizzle when the fish touches the pan but not smoke.

Let the fish cook undisturbed for the first few minutes to develop a proper crust before flipping.

Warm your serving plates in a low oven to keep the dish hot while plating.

Finish with a squeeze of fresh lemon juice just before serving to brighten all the flavors.