

## INGREDIENT LIST:

Serving Size: 4+  
Yield: 8 4 oz. portions  
15 minutes

- 8 sole fillets
- 1/2 cup flour
- salt and pepper to taste
- 6 tablespoons butter
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped fresh parsley

# EASY PAN FRIED SOLE WITH LEMON AND BUTTER

## DIRECTIONS:

1. Combine the flour and salt/ pepper in a shallow dish. Dredge the fish fillets in the flour mixture.
2. Heat a large skillet over med-high heat and approximately 2 tbsp. of butter. (Just enough to coat the bottom of the pan.)
3. Dredge the sole fillets in the flour mixture and place in the pan with butter. (You will most likely will have to cook four fillets at a time.)
4. Sauté the fillets on med-high heat for 2-3 minutes on each side, or until the fillets are cooked throughout. Once they are cooked, pull them from the pan and place them on a plate. (You can cover the fillets to keep them warm.)
5. Add in the remaining 4 tablespoons of butter to the pan. Once the butter is melted, add the lemon juice. Once heated and bubbling, add the parsley and stir. Season with salt and pepper to taste.
6. Pour the warm butter lemon sauce over the cooked sole fillets and serve.