

Pan Fried Sole with Lemon

Ingredients

- Skinless Sole Fillets
- Kosher Salt
- Black Pepper freshly cracked
- All Purpose Flour
- Unsalted Butter
- Lemon
- Parsley

Instructions

Step 1: Season the sole fillets with salt and pepper.

Step 2: Dust with flour on both sides, shaking off any excess flour.

Step 3: In a large nonstick skillet, melt the butter over medium-high heat. When foaming subsides, add the fish.

Step 4: Cook the fish, turning once with two wide spatulas, until golden-brown, about 3 minutes on each side. If one side gets too dark, reduce the heat to medium.

Step 5: Transfer the fish to a plate, garnish with parsley and lemon wedges. Serve immediately.