

Pan Fried Dover Sole



INGREDIENTS

4 (6 oz) skinless Dover sole fillets
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup white whole-wheat flour
2 tablespoons unsalted butter
1 lemon, cut into wedges, for serving
Parsley for garnish

INSTRUCTIONS

1. Season the sole fillets with salt and pepper, then dust with flour on both sides, shaking the excess off.
2. In two large nonstick skillet, melt the butter over medium-high heat. When foaming subsides, add the fish.
3. Cook the fish, turning once, until golden-brown, about 3 minutes on each side.
4. You might need to lower the heat to medium after turning, depending on how hot your pan gets.
5. Transfer the fish to plates. Garnish with parsley and lemon wedges. Serve immediately.



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