

Sole Meunière

Ingredients

- 4 sole fillets (about 150g each)
- ½ cup all-purpose flour (for dredging)
- 4 tablespoons unsalted butter (divided)
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 tablespoons fresh parsley, chopped
- Salt and black pepper, to taste
- Lemon wedges (for serving)



Instructions

1. Prepare the Fish

- Pat the sole fillets dry with paper towels. Season lightly with salt and black pepper.
- Dredge each fillet lightly in flour, shaking off the excess.

2. Cook the Sole

- Heat 2 tablespoons butter and 2 tablespoons olive oil in a large skillet over medium heat.
- Add the fillets and cook for 2–3 minutes per side, until golden brown and cooked through. Transfer to a serving plate and keep warm.

3. Make the Sauce

- In the same pan, add the remaining 2 tablespoons butter. Cook until it melts and turns a light golden brown (beurre noisette).
- Stir in lemon juice and chopped parsley.

4. Finish & Serve

- Pour the butter sauce over the cooked sole fillets.
- Garnish with extra parsley and lemon wedges. Serve immediately with boiled potatoes or steamed vegetables.

