

FJORD

FISH MARKET



Dover Sole in Butter with Parsley and Lemon

One of our favorites from Uktv.co.uk

Ingredients	Instructions
<ul style="list-style-type: none">• 1 dover sole, skinned• 3 tbsp flour• 2 tbsp vegetable oil• 100 g salted butter, cubed• 1 lemon, juice only• 1 handfuls chopped parsley	<p>Trim the fins and remove the head of the sole.</p> <p>Heat the oil in a frying pan, lightly dust the sole with flour then fry the fish on one side for 2-3 minutes, or until golden-brown. Turn the fish over.</p> <p>Add the butter into the pan and when melted and foaming, spoon over the fish to baste. Do this for 3-4 minutes, or until the top of the fish is golden-brown and caramelised, and cooked through.</p> <p>Add a squeeze of lemon and stir in the parsley. Spoon the juices over the fish.</p> <p>Serve the fish with spinach or any other seasonal vegetables.</p>

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- 1 lemon, juice only
- 1 handfuls chopped parsley