

jackie's supper club

Lemon Garlic Petrale Sole - serves 2

Ingredients:

- 2 pieces of petrale sole, about 12 ounces
- 1 lemon - 1/2 zested, 1/2 wedged
- 2 cloves of garlic, minced or sliced
- 1/4 bunch of parsley, chopped
- 1/3 cup of flour
- 1 tablespoon butter
- kosher salt
- black pepper

Directions:

1. Prep the herbs and aromatics - zest the lemon, chop the parsley, and mince the garlic. Season the fish with kosher salt.
2. Sprinkle the garlic, lemon zest, and 1/2 the parsley over the fish.
3. Add the flour to a shallow bowl. Lightly coat the fish in the flour on both sides, then set aside.
4. Heat a large pan on medium heat. Add the butter and let this melt. Add the fish and cook for 2 minutes on each side, or until the fish is cooked and a piece is easily flaked off.
5. Plate the fish, garnish with the remaining parsley, and serve with a lemon wedge.