



Tilapia Meunière

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 fillets of tilapia, or any other fillet of your favorite whitefish
- 6 T. butter
- lemon
- parsley
- oil

Instructions

I know that the traditional Sole Meunière calls for the fish to be dredged in flour, but in my opinion the fish can be just as delicious without it.

1. Place your butter in a pan and start browning it. Chop your parsley fine and cut a lemon in half.
 2. Heat a sauté pan (preferably *not* non-stick) to medium-high heat. When the pan is hot, pour a small amount of vegetable in (just enough to coat the bottom) and place your fish fillets in, presentation side down.
 3. Cook one side of the fillets until crispy and golden, then flip and repeat for the other side.
 4. Once plated, squeeze a liberal of lemon juice on each fillet and pour hot browned butter on top. Garnish with chopped parsley and lemon pieces.
 5. Eat straight away.
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