

## **Nutty Sole with Lemon Butter**

1 ½ lbs sole fillets  
1 ½ cup dried bread crumbs or Panko  
¾ cup toasted macadamia, almond or hazelnuts, finely chopped  
1 cup flour  
Salt & pepper to taste  
3 eggs, beaten  
1/4 cup milk or cream

Juice from a fresh lemon  
1 tbsp fresh parsley, chopped  
1/3 cup butter

Mix together the bread crumbs and the finally chopped nuts. Dredge the sole fillets in the flour seasoned with salt & pepper and shake off the excess. Mix together the beaten egg with the milk or cream. Dip the fillets in the egg wash, and then in the nut mixture. Pan fry the sole in hot olive oil 1-2 minutes on each side until golden brown. Remove the fillets to a warm platter and set aside.

In the same pan over medium heat, add lemon juice, parsley and butter. Mix together and simmer 2 minutes to reduce. Pour the sauce over the sole fillets.

Serves 4