

Idiot's Kitchen Recipe – Fish with Nuts

Recipe from www.idiotskitchen.com



Ingredients:

Fish Fillets – boneless, skinless white fish such as Sole, Swai, Orange Roughy, White Fish or Tilapia

Cooking Oil – light, flavorless oil like Canola, Vegetable Oil or Light Olive Oil

¼ cup Flour

1 Tablespoon Paprika

2 Tablespoons Butter – melted

2 teaspoons Lemon Juice – about ½ lemon

2-3 Dashes Tabasco Sauce

½ cup Slivered Almonds – toasted

Parsley – minced.

Salt & Pepper

Cover a large baking sheet with Foil and brush with Cooking Oil.

Toast the almonds in a dry skillet over medium low heat for about 5 minutes until golden brown.

Preheat the broiler of the oven.

Mix ¼ cup flour with 1 Tablespoon paprika on a large plate. Pat the fish fillets dry with a paper towel and dredge them in the flour mixture on both sides. Gently shake off any excess flour and place the fish on the oiled baking pan. Gently brush the tops of the fish with oil. Broil the fish 5-8 minutes. Do not turn the fish. Broil the fish on the second rack from the top to avoid burning.

Melt 2 Tablespoons butter in a small bowl. Add 2 teaspoons (about ½ lemon) lemon juice and a few dashes of Tabasco.

When the fish is lightly browned and flaky, remove it to a serving platter and top with lemon butter, toasted almonds and minced parsley. Season with salt & pepper to taste and serve immediately.