

Handy-Dandy Shopping List – Fish with Nuts

Recipe from www.idiotskitchen.com



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