

## Idiot's Kitchen Shopping List – Sole Meuniere with lemon and butter

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



2 -3 Sole Fillets, boneless and skinless – other thin, white fish such as Swai & Tilapia will also work.

3-4 Tablespoons butter

½ cup flour

½ cup dry white wine

1 lemon

2-3 Tablespoons fresh parsley, finely chopped

Salt & Pepper