

Sole Meunière

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/petrale-sole-chinese-recipe>

Ingredients:

- 1 1/2 pounds petrale sole or Dover sole
- 1 cup all purpose flour
- 2 teaspoons Herbes de Provence
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 3 tablespoons olive oil
- 2 tablespoons lemon juice half a lemon
- 3 tablespoons capers
- 2 tablespoons juice caper
- 1 tablespoon butter or substitute with more olive oil
- 2 tablespoons fresh flat leaf parsley finely chopped

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 90 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3 grams
8. Sodium: 990 milligrams
9. Sugar: 1 grams

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