

Trout Amandine

2 trout fillets

4 tablespoons butter

½ cup slivered almonds

2 tbsp lemon juice

1 tsp lemon zest

1 tbsp chopped fresh parsley

Salt and pepper to taste

Method: Melt the butter in a frying pan large enough to hold both fish fillets. Salt and Pepper each fillet, then add to the pan and fry lightly for 1-2 minutes per side. Remove fish from pan, and add almonds and lemon juice. Sauté briefly to toast almonds. Add fish back to pan and cover with sauce. Stir in parsley and lemon zest. Serve.