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Easy Sauteed Turbot with Meuniere Sauce Recipe

Serves/Makes: 4

Ingredients:

- 4 turbot fillets (about 6 ounces each)
- White wine
- Salt
- Flour
- Olive oil
- 3 tablespoons (45 ml) butter
- 1/3 cup (80 ml) lemon juice
- 1/4 cup (80 ml) parsley flakes
- 1/4 teaspoon pepper
- 1/2 lemon, quartered

How to cook Easy Sauteed Turbot with Meuniere Sauce:

1. Sprinkle turbot fillets with wine and salt.
2. Coat fish fillets with flour.
3. Saute the turbot fillets until golden brown and remove to plates.
4. To prepare Meuniere Sauce mix butter, lemon juice and parsley in the frying pan and warm over low heat.
5. Pour Meuniere Sauce over the sauteed turbot fillets and serve with lemon quarters.

Notes:

The Easy Sauteed Turbot with Meuniere Sauce is a very affordable dish. Delicious, simple, and easy recipe.

Comments:

This simple dish is the classic French (Parisian) recipe. Meuniere refers to both a sauce and a method of preparation.

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Main Ingredient: Turbot

Preparation Method: Pan Fried/Sauteed

Cuisine: French

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