



# Filet of Sole



## Ingredients:

- 1 - 1/2 lbs. filet of sole
- 2 eggs
- 2 tablespoons dried parsley flakes
- 2 teaspoons Tapatio Hot Sauce
- Dash of salt
- 6 cloves of garlic, minced
- 3 tablespoons of butter
- 2 tablespoons of olive oil
- 2 lemons, 1 juiced, 1 for garnish

## Directions:

For egg mixture: combine eggs, parsley, Tapatio Hot Sauce, and salt.

Rinse fish and pat dry with paper towels; add to egg mixture.

Heat skillet; add butter and olive oil. Sauté garlic for about 1 minute; DO NOT let the garlic become brown -- it will have a bitter taste.

Remove garlic from skillet and reserve. Sauté fish in the skillet until both sides become opaque. Remove fish from skillet and top with the sauteed garlic and the juice of 1 lemon.

Garnish with lemon wedges and serve warm. For a healthy meal, serve with a white rice and steamed broccoli.

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