

Petrale Sole with Lemon-Shallot Brussels Sprouts

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Yield: 2 servings



INGREDIENTS:

- 1/4 cup all-purpose flour
- 2 teaspoons finely grated lemon peel
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon ground white pepper plus additional for seasoning
- 3 tablespoons olive oil, divided
- 12 ounces petrale sole fillets
- 3/4 cup thinly sliced shallots
- 6 ounces brussels sprouts, trimmed and thinly sliced lengthwise
- 1 cup vegetable broth
- 1 tablespoon unsalted butter
- 1 teaspoon chopped fresh Italian parsley

DIRECTIONS:

- Combine flour, lemon peel, coarse salt, and 1/2 teaspoon white pepper in shallow bowl.
- Heat 1 tablespoon olive oil in each of 2 large skillets over medium heat. (The fish fillets are large and thin; you'll need plenty of room.)
- Coat fish in flour mixture and shake off excess.
- Add fish to skillets and cook until opaque and golden brown, 1 to 2 minutes per side.
- Remove from heat and season to taste with salt. Cover loosely with foil and set aside.
- Wipe out 1 skillet. Add remaining 1 tablespoon olive oil and heat over medium heat. Add shallots and sauté until almost translucent, about 2 minutes.

- Add brussels sprouts and broth. Increase heat to medium-high and cook, stirring occasionally, until brussels sprouts are tender and liquid is almost completely absorbed, about 8 minutes.
- Remove from heat. Stir in butter. Season to taste with salt and white pepper.
- Spoon brussels sprouts onto plates. Top with fish, sprinkle with chopped parsley, and serve.