

FILLET AMANDINE

Equipment:

Measuring Spoons

Measuring Cup

an 8" (20 cm) square Microwave safe square dish with cover

Ingredients:

2 tbsp butter or margarine 25 ml

2 tbsp slivered almonds 25 ml

1/2 lb fish fillets 250 g

Salt and pepper to taste

Lemon juice

Parsley flakes

Procedure:

1. Place butter and almonds in an 8" (20 cm) square dish.
2. Cook at **P7** 2 - 3 minutes, stir once.
3. Dip fillets in butter and arrange in same dish, spoon almonds and butter on top of fish.
4. Season with salt and pepper.
5. Sprinkle with lemon juice.
6. Cover.
7. Cook at **P7** 3 - 5 minutes, or until fish white and not longer translucent when tested with a fork.
8. **To Complete:** Let stand, covered, 3 minutes.
9. Sprinkle with parsley before serving.

Chefs Tip:

Any style nuts can be used – Cashews, pecans, let your regional creativity set the course!