

## Trout Amandine

### Ingredients

- 4 (4-6 oz) skin-on trout fillets
- 1¼ tsp table salt, divided
- ½ tsp pepper
- ¼ cup all-purpose flour
- 2 Tbsp vegetable oil, divided
- 8 Tbsp unsalted butter, cut into 8 pieces
- ½ cup sliced almonds (not toasted)
- 2 tsp grated lemon zest plus 4 tsp juice
- 2 Tbsp chopped fresh parsley

### Preparation

1. Pat trout fillets dry with paper towels
2. Sprinkle all over with 1 teaspoon salt and pepper
3. Place flour in shallow dish
4. Working with one fillet at a time, dredge both sides in flour, pressing gently to adhere
5. Shake off excess and transfer to large plate
6. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until just smoking
7. Carefully place 2 fillets skin side down in skillet and cook until browned and crispy, 2-4 minutes
8. Using fish spatula, flip fillets flesh side down and cook until flesh is opaque and begins to turn golden, about 1 minute
9. Transfer cooked fillets to large serving platter flesh side up
10. Repeat cooking and transferring with remaining 1 tablespoon oil and remaining 2 fillets
11. Add butter to now-empty skillet
12. Cook, stirring frequently, until butter is golden brown with toasted aroma, 1-2 minutes
13. Stir in almonds and cook, swirling skillet occasionally, until almonds are deep golden brown, about 2 minutes
14. Immediately remove skillet from heat and quickly but carefully stir in lemon zest and juice and remaining ¼ teaspoon salt, scraping up any browned bits
15. Pour sauce over fillets, sprinkle with parsley, and serve

