**Direction:**

1. **Preheat medium non-stick skillets over medium heat.**
2. **Marinate the fillets with whole lemon (cut and squeeze) salt and pepper set aside for 30 mins. Remove form marinated and season with Italian seasoning and smoked paprika.**
3. **Heat oil in a skillet on medium-high carefully place sole face down, and cook, lightly shaking the skillets occasionally, until golden brown, about 2 minutes. Flip the fillets with a spatula, and let the fillets finish cooking for 2 minutes more. Remove the fillets keep warm.**
4. **Add 1 tbsp. butter to skillet until melted whisk in flour for 30 second. Keep whisking add the lemon juice, cook until starts to get thick (if too thick add more juice) add the remaining 3 tablespoons butter, little by little, until melted and a smooth, creamy sauce is formed. Spoon some of the sauce over each fillet and serve immediately.**

**Ingredients**

* **Four 4-ounce skinless sole**
* **1 tsp. salt**
* **1 tsp. black pepper**
* **2 tsp Italian Seasoning**
* **1 tsp smoked paprika**
* **1 tsp Flour**
* **4 tablespoons cold unsalted butter, cut into tablespoon-sized pieces**
* **1 whole Lemon**
* **2 oz. lemon juice**
* **1 oz. Oil**

