
Flounder with Macadamia Nuts

Joan Reifler - New York

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Servings: 4

8 boneless flounder fillets

3/4 cup macadamia nuts

4 tablespoons oil

3 tablespoons butter

2 tablespoons lemon juice

Salt and pepper the fillets. Chop the nuts as fine as possible.

Sprinkle the fillets with nuts, patting them until the nuts adhere.

Heat some of the oil in a nonstick pan. Fry the fish, two at a time, for about 2 minutes on each side. Add oil as needed and cook all of the fillets.

When finished, wipe out the skillet, nuts and all. Add the butter and lemon juice. Pour over the fish and serve.

Seafood

Per Serving (excluding unknown items): 672 Calories; 45g Fat (59.7% calories from fat); 64g Protein; 4g Carbohydrate; 2g Dietary Fiber; 180mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Fruit; 8 Fat.