Trout Amandine

4 skin on trout filets

1 1/4 teaspoons salt

1/2 teaspoon pepper

2 Tablespoons canola oil

8 Tablespoons butter

1/2 cup sliced almonds

2 teaspoon grated lemon zest

4 teaspoons lemon juice

2 Tablespoons fresh parsley, chopped

Pat filets dry  with paper towels.

Season with 1 t. salt and pepper.

Pour flour into a dish.

Dredge both sides of fish in flour.

Heat 1 T. oil in skillet.

Place 2 filets in pan, skin side down, cook 2 minutes.

Flip filets and cook another minute.

Transfer filets to a platter.

Repeat with remaining oil and filets.

Add butter to skillet and toast 1-2 minutes.

Stir in almonds and cook until golden.

Remove pan from heat.

Stir in lemon zest and juice and 1/4 t. salt.

Pour sauce over filets.

Sprinkle with parsley and serve.