



Sole Meuniere with mashed peas

10'
Hands on

10'
Cook Time

2
Portion(s)

1
Difficulty



Method

For the sole meuniere

- Place a **pan** over medium heat.
- **Remove** the head and the bones on both sides of the sole.
- Season it with salt and pepper. Add the olive oil.
- Add the sole to the pan and fry slowly for about 2 minutes.
- When golden on one side, flip it over and fry for another 2 minutes.
- Add 2 tablespoons of butter and continue frying over low heat.
- When ready, remove from pan.

For herb sauce

- Place the same pan over heat. Add a clove of garlic, thyme, lemon juice and the squeezed lemon wedges.
- Mix and remove pan from heat.
- In a bowl, add the parsley thinly chopped, salt, pepper and capers.
- Add the aromatic butter from the pan through a sifter to strain. Mix with a spoon.
- To fillet the sole, use a spatula and slide it in between the two pieces of the sole to dislodge the bones, running it from one end to the other. Remove central bones and discard.

To serve

- Serve with mashed peas, herb sauce and lemon wedges dipped in finely chopped parsley.

Ingredients

For the pea puree

- 700 g pea puree

For the sole

- 500 g sole fish
- 1 tablespoon(s) olive oil
- salt
- pepper
- 2 tablespoon(s) butter

For the herb sauce

- 1 clove(s) of garlic
- 1 tablespoon(s) thyme, finely chopped
- lemon juice, of 1 lemon
- 1 tablespoon(s) parsley, finely chopped
- salt
- pepper
- 1 tablespoon(s) capers

To serve

- 3 slices lemon
- 1 tablespoon(s) parsley

Διατροφικός πίνακας

Nutrition information per portion

677 Calories (kcal)	30.0 Total Fat (g)	14.0 Saturated Fat (g)	33.0 Total Carbs (g)
34%	43%	70%	13%
19.0 Sugars (g)	60.0 Protein (g)	16.0 Fibre (g)	1.5 Sodium (g)
21%	120%	64%	25%