

Mediterranean Style Sole



Savor the Mediterranean charm with our delightful Mediterranean-Style Sole Fillets. A symphony of flavors awaits you as you indulge in this healthy and delectable fish dish.

Preparation 20 min

Cooking 12 min

Servings 2

Nutrition Facts (per serving)

Calories 320

Fat 11

Carbohydrates 9

Fibre 3

Protein 29

Sodium 640

Ingredients

For the fish

- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) chopped garlic
- 300 g (? lb) sole (about 4 fillets)
- 15 ml (1 tbsp) lemon juice

- 5 ml (1 tsp) basil pesto
- Salt and pepper

For the side dish

- 2 zucchinis cut into noodles
- 125 ml (½ cup) cherry tomatoes cut in half
- 10 whole pitted kalamata olives
- 15 ml (1 tbsp) lemon juice
- 10 ml (2 tsp) basil pesto
- 5 ml chopped garlic
- Salt and pepper
- Some chopped fresh basil leaves and/or Italian parsley (optional)

Note: If you don't have the special tool to make zucchini noodles, use a peeler to slice thin strips of zucchini lengthwise. Then cut each zucchini strip into 3 equal parts with a knife to form thinner strips.

Preparation

1. In a large saucepan over medium-high heat, pour a drizzle of olive oil and then brown the chopped garlic for 1 or 2 minutes.
2. Place the sole fillets in the pan and grill on one side for 5 minutes or until lightly browned.
3. Just before turning the fillets, sprinkle with lemon juice and brush with pesto, then continue cooking for about 5 minutes. When golden brown, remove fillets from the pan. Set aside.
4. In the same saucepan over high heat, place the zucchini noodles, cherry tomatoes, olives, lemon juice, pesto and garlic and cook for 2 minutes.
5. To serve, divide the zucchini noodles into two plates and place the sole fillets on top. Season with salt and pepper and garnish with a few fresh basil leaves and/or fresh parsley, if desired.



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa