

Sole Filet on a Bed of Barley and Edamame



Indulge in the delicate taste of sole, paired with nutty barley and tender edamame for a wholesome and delightful dish. Try it today for a gourmet seafood experience.

Preparation 15 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 280

Fat 3

Carbohydrates 32

Fibre 7

Protein 33

Sodium 750

Ingredients

For the barley

- Vegetable oil spray (PAM type)
- 3 green onions, finely chopped
- 250 ml (1 cup) pearl barley, rinsed and drained
- 500 ml (2 cups) reduced-salt chicken broth

- 167 ml (? cup) shelled edamame
- 30 ml (2 tbsp) nutritional yeast flakes

For the fish

- 800 g (1 ¾ lb) sole filets, fresh or frozen, thawed
- 15 ml (1 tbsp) brown miso
- 60 ml (¼ cup) hot water
- 30 ml (2 tbsp) balsamic vinegar
- 30 ml (2 tbsp) sodium-reduced soy sauce
- 5 ml (1 tsp) lime juice
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) paprika
- 5 ml (1 tsp) thyme
- 2.5 ml (½ tsp) sriracha or other hot sauce of choice (optional)

To serve

- 750 ml (3 cups) cauliflower, in small florets (or broccoli)
- Salt and pepper to taste

Preparation

1. Preheat the oven to 375°F (190°C). Two racks will be used for this recipe, so allow enough space between two oven racks to insert a baking sheet.
2. Heat a saucepan over medium heat and spray the bottom with a little oil spray. Add the green onions and cook for 1 minute, stirring. Then add the barley and stir constantly for 1 to 2 minutes.
3. Add broth and bring to a boil. Reduce heat to low, cover and simmer for 25 minutes.
4. Meanwhile, prepare two baking sheets lined with parchment paper. On the first baking sheet, place the sole filets. On the second, place cauliflower and season with salt and pepper.
5. In a small bowl, combine all remaining fish ingredients. Pour over sole filets (or spread with a brush).
6. Place the baking sheet containing the fish on the top rack of the oven. Place cauliflower on the bottom rack. Bake for 15 minutes.
7. After the barley has cooked for 25 minutes, or until there is almost no liquid left, stir in the edamame. Cover and continue cooking until all liquid has evaporated. Remove from heat.
8. Let stand for 5 minutes, then serve fish and cauliflower on a bed of barley.

Notes

Can be stored for 3 to 4 days in the refrigerator. If stored separately, barley can be kept in the freezer for up to one month, while fish can be kept in the freezer for 2 to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City