



EASTERN FISHERIES
SOLE
MEDITERRANEAN
{ Serves 4 }



INGREDIENTS

4 Eastern Fisheries sole fillets
salt and pepper

Mediterranean Sauce:

juice of 1 lemon
1 cup olive oil
2 tomatoes, peeled, seeded, and diced
salt and pepper
3 sprigs Italian parsley, chopped
1 baby carrot, cut julienne style
1 baby zucchini, cut julienne style
1 baby summer squash, cut julienne style
1 sprig basil, minced
1 sprig tarragon, minced
2 teaspoons capers, chopped
2 teaspoons green olives, diced

Garnish:

fava beans

DIRECTIONS

1. To prepare Mediterranean Sauce: In a small bowl, combine the lemon juice, olive oil, and remaining ingredients. Mix well and taste for salt and pepper.
2. To prepare the dish: Season fish with salt and pepper. Broil fillets 5 minutes on each side.
3. To prepare the garnish: Blanch the beans in a pot of boiling, salted water for no more than 30 seconds. Drain and then immediately plunge the beans into ice water. Remove beans from softened outer shells.
4. On 4 warm plates, arrange the sole fillets in the center. Spoon over the Mediterranean sauce, arrange fava beans in a circle around the fish, and serve.

SOLE & FLOUNDER