



HEALTHY RECIPE 10: STEAMED LEMON SOLE WITH CORIANDER AND LEMON SCENTED COUS COUS



Serves: 4

METHOD:

1. Prepare lemon sole by rolling up and place on a baking tray, pour in white wine to help steam the fish. Steam for 5 minutes take out of the oven and set aside to rest.
2. Fry the onion and fennel seeds together, mix with the coriander and lemon zest and juice, mix with cous cous season pour over boiling water until covering and a centimetre over. This should only take a couple of mins to expand then mix up with a spoon set aside.
3. Heat up cous cous set in the centre of the plate place steamed fish on the top and drizzle with tomato oil, place tomato concasse around the outside of the plate.
4. Garnish with watercress or pea shoots if available.

INGREDIENTS:

- 4 x Lemon Sole 350/500g each filleted and skinned
- 4 x tomatoes, blanched, skinned and de — seeded, diced. (Concasse)
- 1 x onion, small dice
- Lemon oil (can be home made)
- 200g cous cous
- Half a bunch of coriander
- Zest of 1 lemon
- 1 tsp fennel seeds
- Asparagus/green beans
- Watercress/pea shoots for garnish
- Tomato dressing (can be home made)

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