

STEIN'S AT HOME

Grilled Lemon Sole



Cook along with Rick or Jack

Visit our **Rick Stein Restaurants YouTube channel** or scan the code to watch Rick or Jack cook the menu.



Grilled Lemon Sole

with new potatoes and kalettes

Ingredients:

Lemon sole | Salted butter | Kalettes | Curly leaf parsley | Lemon | Buttered potatoes

Cooking Instructions:

Remove the **lemon sole** from the packaging and allow to breathe for 5-10 minutes.

Preheat the grill to high. Put the **lemon sole** onto a grill tray, making sure both heads are facing the same way, drizzle with a little **oil** and season with **salt and pepper**. Put under the grill for around 8-10 minutes.

Wash the **kalettes**, put them in a pan with 1cm of water on a high heat and bring to the boil with the lid on. Steam for 3-4 minutes. Season with **salt and pepper** and add a small thumb size piece of **butter**, stir and replace the lid to keep warm.

Remove the stalks and roughly chop the **curly parsley**.

Place the bag of **potatoes** into a pan of gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

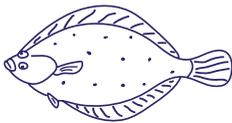
Cut the **lemon** in half. Half will be used for the beurre noisette sauce and half for garnish. Cut into wedges for the garnish.

Use a probe to check the **fish** is cooked (it should be 55 degrees) or use a pallet knife to check if the meat comes cleanly off the bone.

Place the **lemon sole** on a plate with a wedge of **lemon** for garnish.

To make the beurre noisette, put a saucepan on high (almost smoking), add the **butter** and stir until brown and it starts to smell nutty. At this stage, remove from the heat, add a squeeze of **lemon** and the chopped **parsley**. Pour over the **lemon sole**.

Serve with the **potatoes** and **kalettes**.



A slightly smaller, more delicate and subtle alternative to Dover Sole. Thought to be named because its shape is vaguely similar to that of a lemon and it has a slightly yellow colour, although it doesn't actually taste of lemon. A delicate, sweet and tasty white fish.

View the full list of ingredients and allergens online at rickstein.com

Made in an environment handling: CELERY, CEREALS CONTAINING GLUTEN (such as barley and oats), CRUSTACEANS (such as prawns, crabs and lobsters), EGGS, FISH, MILK, MOLLUSCS (such as mussels and oysters), MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS

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