



## Sole with Lemon, Mustard & Dill Sauce

From dulcetcuisine.com

- 2  $\frac{1}{2}$  lbs sole fillets
- salt & pepper
- 1 T olive oil
- 1T butter
- $\frac{1}{4}$  c onion, finely chopped
- 1 T capers, drained
- $\frac{1}{2}$  c Dulcet Lemon Mustard & Dill Sauce\*

1. Clean and pat dry the sole. Season both sides of fish with salt & pepper
2. Place large non stick sauté pan over medium high heat.
3. Add the olive oil to the pan, place fillets in pan to form single layer, making sure to not crowd or overlap the fillets.
4. Saute the fish for 1-2 minutes turn fillet carefully and cook another minute or two or until just opaque, taking care to not over cook fish.
5. Place fillets on a serving platter, cover with foil and place in a 200 degree warm oven, cook remaining fillets and place warm in oven.
6. Add the butter to the sauté pan, when melted add the onion and sauté until translucent.
7. Turn the heat to medium low, add the capers and Dulcet Lemon Mustard & Dill Sauce, still to heat.
8. Remove the sole from the oven and pour the Lemon Mustard & Dill Sauce over the fish and serve.

Serves 4

\*Lemon Mustard & Dill Sauce is gluten-free.

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