

Greek Sole Fillets

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|------------------|---|
| Preparation time | 20 minutes |
| Cooking time | 40 minutes |
| Servings | 4 |
| Cost per serving | \$2.50 |
| Storage | 3 days in the fridge. Can be frozen. |
| Kitchen tools | Measuring cups and spoons, cutting board, sharp knife, large pot, wooden spoon, 9 x 13-inch baking dish. |



Ingredients



398 ml
tomato sauce

HALF OF OUR TOMATO SAUCE RECIPE!



5 ml (1 tsp)
dried oregano



2 ml (½ tsp)
ground cinnamon



Salt, pepper
and Tabasco-style
hot sauce, to taste



400 g frozen sole fillets



2 small yellow onions,
peeled (one sliced,
the other, chopped)



20 ml (4 tsp) canola oil
(divided: 10 ml [2 tsp]
+ 10 ml [2 tsp])



250 ml (1 cup)
uncooked rice



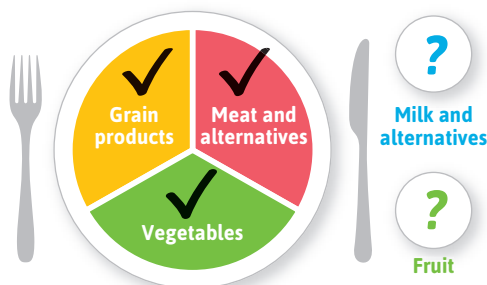
375 ml (1½ cups)
water



6 frozen spinach nuggets
(about 250 ml/1 cup),
thawed and drained

THAW IN THE MICROWAVE FOR 1 MINUTE AND PRESS WITH A FORK TO GET RID OF THE EXCESS WATER.

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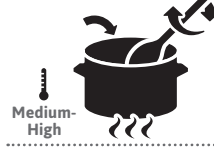

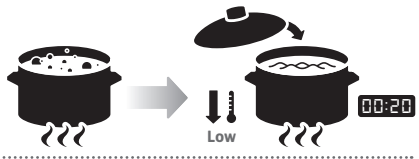



Balanced plate

Serve with:

- ? A vegetable to round out the serving (green vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage

Directions

| | | |
|---|---|---|
| 1 | Place oven rack in the middle position and preheat the oven to 200°C (400°F). |  |
| 2 | In a 9 x 13-inch baking dish, combine tomato sauce, oregano, cinnamon, salt, pepper and hot sauce . |  |
| 3 | Gently place the sole fillets in the tomato sauce. |  |
| 4 | Spread the onion slices over the dish and drizzle with 10 ml (2 tsp) of oil . Bake about 30 minutes, until the sole flakes easily with a fork. |  |
| 5 | Meanwhile, in a large pot over medium-high heat, heat the oil [10 ml (2 tsp)] and cook the chopped onion for about 2 minutes. Add salt and pepper . |  |
| 6 | Add the rice and water and stir. |  |
| 7 | Bring to a boil, then reduce heat to low. Cover and cook for about 20 minutes. Tip: Use the cooking time to prepare your side dishes. |  |
| 8 | Add the spinach and mix until it is warmed thoroughly. Tip: The rice with spinach will be ready when the fish is done! Variation: For extra flavour add some lemon zest and juice. |  |

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition