

Sole Fillets With Tartar Sauce

Preparation time **10 minutes**

Cooking time **10 minutes**

Servings **4**

Cost per serving **\$1.68**

Storage **3 days in the fridge.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, baking sheet, parchment paper (or oil), paper towels, spoon, small bowl, fork**



Ingredients



400g (1 package)
frozen sole fillets, thawed



45 ml (3 tbsp) **butter** or
margarine, melted (divide up:
30 ml [2 tbsp] + 15 ml [1 tbsp])



Salt and pepper
to taste



60 ml (¼ cup)
mayonnaise

OR THE SAME
QUANTITY OF
MAYONNAISE



60 ml (¼ cup)
plain yogurt



30 ml (2 tbsp)
relish

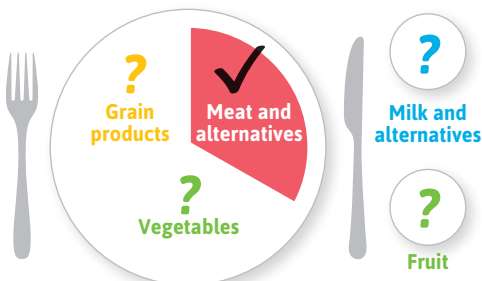


30 ml (2 tbsp) **dill pickles**,
finely chopped



1 ml (¼ tsp)
cider vinegar

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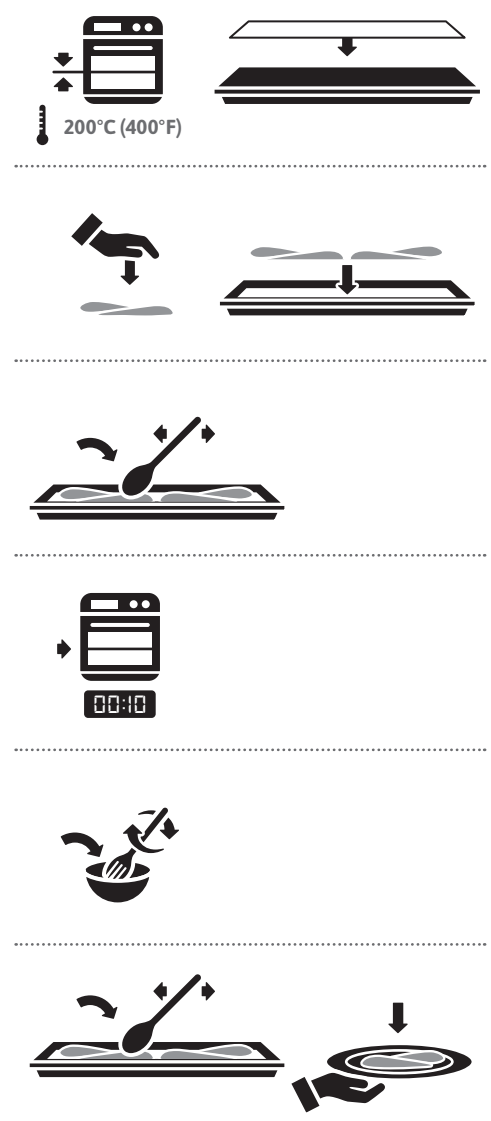
Balanced plate

Serve with:

- ? A grain product (rice or couscous, for example)
- ? Vegetables (salad or cooked 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). Oil a baking sheet or cover with parchment paper.
Tip: This recipe is fast to make — prepare your side dishes ahead.
- 2** Dab off excess moisture on the **sole fillets** and place them on the baking sheet.
Variation: This recipe works well with many types of fish — feel free to vary the menu.
- 3** Spread 30 ml (2 tbsp) of **melted butter** over the fish fillets with a spoon. Add **salt** and **pepper**.
- 4** Bake about 9 to 10 minutes, until the fish is cooked and lightly golden on top.
- 5** Meanwhile, prepare the tartar sauce. In a small bowl, combine the **mayonnaise**, **yogurt**, **relish**, **pickles** and **vinegar** with a fork. Add **salt** and **pepper**.
- 6** Spread the rest of the **melted butter** (15 ml [1 tbsp]) on the cooked sole fillets and serve with the tartar sauce.



My rating: ★ ★ ★

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

