

Foil-Packet Sole Fillets

Preparation time	20 minutes
Cooking time	25-30 minutes
Servings	4
Cost per serving	\$1.67
Storage	3 days in the fridge. Can't be frozen.

Kitchen tools Baking sheet, aluminium foil, cutting board, sharp knife, spoon, small bowl, measuring cups and spoons.



Ingredients



2 to 4 **potatoes** (about 454 g/1 lb), peeled and cut into slices about ½ cm thick



1 small yellow onion, peeled and thinly sliced



Salt and pepper to taste



400-450 g (about 1 lb) frozen **sole fillets**



10 ml (2 tsp) **curry powder**



5 ml (1 tsp) **paprika**



5 ml (1 tsp) **ground cumin**

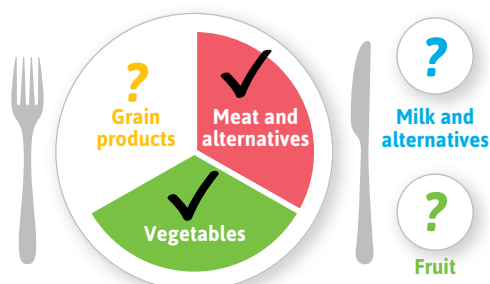


30 ml (2 tbsp) **canola oil**



60 ml (¼ cup) **plain yogurt** (optional)

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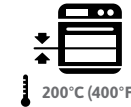

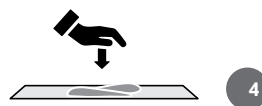

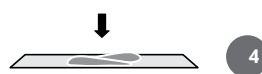
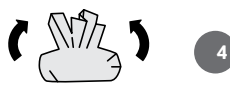




Balanced plate

Serve with:

- ? A grain product (A home-made cookie or muffin, for example)
- ? 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	Cut 4 pieces of aluminium foil about 50 cm in length.	
3	Divide the potato slices, onions and frozen sole fillets evenly among the four pieces of aluminum foil. Add salt and pepper .	
4	In a small bowl, mix the curry powder , paprika , cumin , salt , pepper and canola oil .	
5	Spread the spice mixture and oil over the fillets.	
6	Fold the aluminium foil over the sole to make 4 tightly sealed packets. Tip: Watch our video “Learn to cook in 30 seconds - Baking fish” available on our website.	
7	Place the packets on a baking sheet and bake for about 25 minutes, until the fish is cooked and the potato slices are soft.	
8	When serving, open each packet (be careful, they're hot!) and spread the plain yogurt over each fillet, if you wish. Add salt and pepper to taste.	

My rating: ★ ★ ★

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