

## Sole in an Orange Sauce

Preparation time	<b>10 minutes</b>
Cooking time	<b>25 minutes</b>
Servings	<b>4</b>
Cost per serving	<b>\$1.83</b>
Storage	<b>3 days in the fridge</b>
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, fine grater, small bowl, baking sheet, parchment paper (or oil), large frying pan (with a cover), wooden spoon, spatula</b>



## Ingredients



5 ml (1 tsp)  
**canola oil**



1 small **yellow onion**,  
peeled and chopped



1 **garlic** clove, peeled  
and minced



5 ml (1 tsp)  
**mustard powder**



1 ml (¼ tsp)  
**dried oregano**



375 ml (1½ cup)  
**orange juice**



**Salt and pepper**  
to taste



400 g **frozen sole fillets**,  
thawed and patted dry  
with a paper towel



15 ml (1 tbsp) **corn starch**,  
diluted in a little cold water  
(about 30 ml [2 tsp])

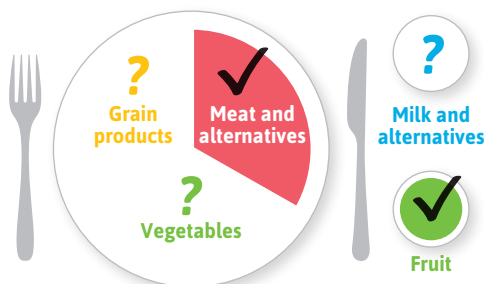


1 **orange** – remove the  
zest and set aside in  
a bowl. Cut into slices.

*THIS RECIPE WORKS  
WELL WITH ANY TYPE  
OF FROZEN OR FRESH  
FISH. FEEL FREE TO VARY  
THE MENU.*

*PEEL THE ORANGE THOROUGHLY: FIRST  
CUT A SLICE OFF THE TOP AND BOTTOM OF  
THE ORANGE, THEN USE A KNIFE TO REMOVE  
THE PITH (THE WHITE PART), KEEPING ONLY  
THE FLESH AND JUICES*

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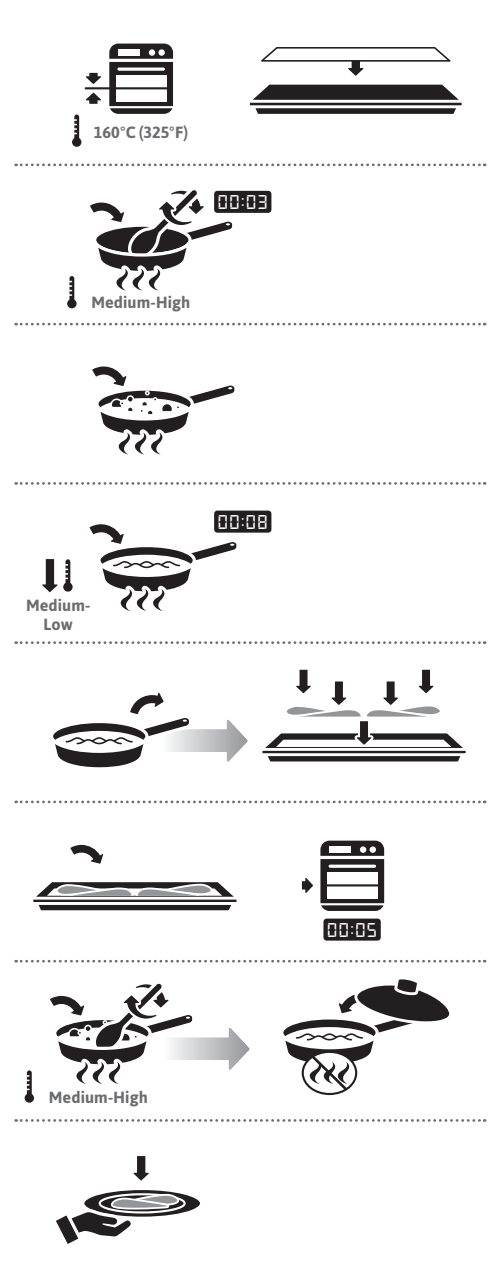
## Balanced plate

Serve with:

- ?** A grain product (rice or couscous, for example)
- ?** Vegetables (cooked vegetables, for example) to round out the serving, 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 160°C (325°F). Oil a baking sheet or cover with parchment paper.
- 2 Heat the **oil** in large frying pan with a cover over medium-high heat. Add the **onions** and **garlic** and cook for 3 minutes.
- 3 Add the **mustard**, **oregano**, **orange juice**, **salt** and **pepper**. Bring to a boil.
- 4 Reduce heat so that the liquid simmers, then add the **sole fillets**. Cook the fish for 8 minutes, or until it is no longer translucent.  
**Tip:** Use the cooking time to prepare your side dishes.
- 5 Using a spatula, remove the **fillets** from the frying pan and place delicately on the baking sheet, being careful not to break them. Sprinkle the **orange zest** over the fillets.
- 6 Spread the **peeled orange slices** on the baking sheet around the fish and cook for about 5 minutes, to warm the oranges and finish cooking the fish.
- 7 Meanwhile, add the **diluted corn starch** to the sauce in the frying pan. Bring to a boil, stirring constantly until the sauce thickens. Cover to keep warm and set aside.
- 8 When serving, spread some sauce over each fillet and garnish with one or two orange slices.



My rating: ★ ★ ★

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