

Sole Fillets in an Almond Crust

Preparation time **10 minutes**

Cooking time **10 minutes**

Servings **4**

Cost per serving **\$1.93**

Storage **3 days in the fridge.
Can be frozen.**

Kitchen tools **Cutting board, sharp knife,
measuring cups and spoons,
baking sheet, parchment paper,
2 small bowls, spoon**



Ingredients



400-450 g **frozen sole fillets**
(one 400 g package or
half a 907 g package), thawed
and patted dry with a paper towel



60 ml (¼ cup)
mayonnaise



5 ml (1 tsp)
paprika

*OR 60 ML (¼ CUP) OF
SESAME SEEDS OR ANY
OTHER CHOPPED NUTS. YOU
MAY ALSO CHOOSE TO LEAVE
OUT THIS INGREDIENT.*



Salt and pepper
to taste

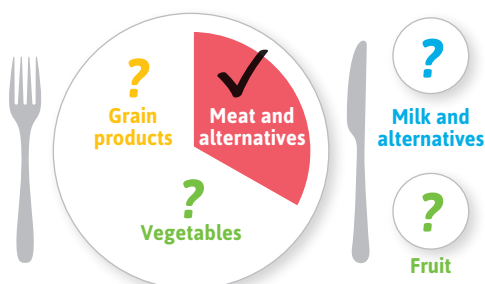


80 ml (⅓ cup)
breadcrumbs



125 ml (½ cup or
about ½ 100 g bag)
slivered almonds

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



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 top position and preheat the oven to 220 °C (425 °F).



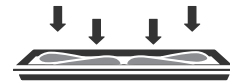
2 Place the **sole fillets**, patted dry, side by side on a baking sheet covered with parchment paper.



3 In a small bowl, add the **mayonnaise, paprika, salt and pepper** and mix.



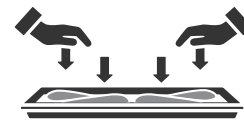
4 Spread a thin layer of the **mayonnaise** mixture over each fillet.



5 In another small bowl, combine the **breadcrumbs and almonds**.



6 Press the **breadcrumb mixture** on top of the fillets with your fingers.



7 Bake for about 10 minutes, depending on the thickness of the fish until the fillets are done and the crust is lightly golden on top.



Tip: Use the cooking time to prepare your side dishes.

My rating: ★ ★ ★

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