

## Greek Sole Fillets

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

THIS RECIPE WORKS WELL WITH ANY TYPE OF FROZEN OR FRESH FISH.



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,  
thawed and patted  
dry with a paper towel



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



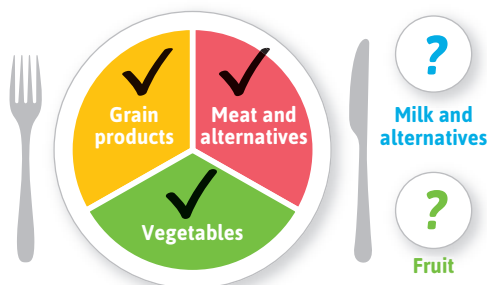
375 ml (1½ cups)  
water

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



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

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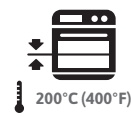



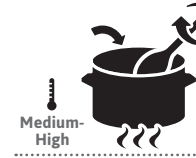

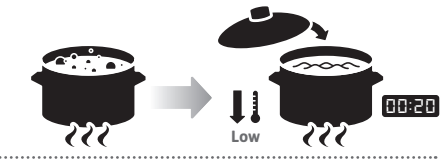

## Balanced plate

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

My rating: ★ ★ ★

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