

Recipe of the Month

The acclaimed Crab & Lobster, Asenby, has been serving award-winning food since 1991



Pan fried lemon sole with salsa verde

Serves 2

Ingredients

1 clove garlic, peeled
1 handful capers, drained
1 handful gherkins, drained and finely chopped
6 good-quality anchovy fillets in oil, finely chopped
2 bunches fresh, flat-leaf parsley, finely chopped
1 bunch fresh basil, leaves picked and finely chopped
1 bunch fresh mint, leaves picked and finely chopped
1 tbsp Dijon mustard
Red wine vinegar
Olive oil
Sea salt & black pepper
300g new potatoes, scrubbed or peeled
4 double sole fillets
Flour
300g purple sprouting broccoli
1 knob butter
1 lemon

To make the Salsa Verde, finely chop the garlic and put in a bowl. Add the capers, gherkin, anchovies, parsley, basil and mint. Mix in the mustard and one or two tablespoons of red wine vinegar, then three good lugs of olive oil. Add seasoning to taste and more red wine vinegar if required.

Put your new potatoes in a pan of salted water and cook for 15 minutes with lid on. Place the broccoli in a colander and place on top of the potato pan. It will steam cook in four minutes so make sure the potatoes are nearly ready before doing this.

Season the sole fillets with salt, pepper and flour. While the broccoli is steaming, pour olive oil into a large non-stick frying pan and then add the fillets. Cook for a couple of minutes and then turn them over. At this point add the knob of butter and cook for two more minutes. Once the fillets have cooked on both sides remove the pan from the heat, wait 20 seconds and then squeeze the juice of half a lemon into the pan. It is important that you do not do this straight away or it will burn and ruin the dish.

Place each fillet on a plate with half of the new potatoes and spoon the salsa verde over the top of the fish. Serve with a lemon wedge.

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