



CRISPY SOLE

with Caper Sauce and Potatoes

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE

MAKE FIRST



HELLO

CAPER SAUCE

Briny baubles in a blanket of cream

INGREDIENTS:

- Yukon Potatoes
- Green Beans
- Garlic
- Parsley
- Lemon
- Capers
- Sole (Contains: Fish)
- Flour (Contains: Wheat)
- Sour Cream (Contains: Milk)

FOR 2 PEOPLE:

- 12 oz
- 6 oz
- 1 Clove
- ¼ oz
- 1
- 1 oz
- 12 oz
- 1 TBSP
- 6 TBSP

FOR 4 PEOPLE:

- 24 oz
- 12 oz
- 2 Cloves
- ½ oz
- 2
- 2 oz
- 24 oz
- 2 TBSP
- 12 TBSP

NUTRITION PER SERVING

514 cal | Fat: 23 g | Sat. Fat: 8 g | Protein: 39 g | Carbs: 44 g | Sugar: 8 g | Sodium: 193 mg | Fiber: 9 g

START STRONG

To wash parsley (and other leafy greens), dunk 'em in a bowl of water and give 'em a shake—any unwanted bits will then fall to the bottom. Make sure to pat the greens dry with a paper towel before using.



BUST OUT

- Baking sheet
- Paper towel
- Strainer
- Olive oil (4 tsp | 8 tsp)
- Butter (½ TBSP | 1 TBSP)
(Contains: Milk)
- Medium bowl
- Large pan



1 PREHEAT OVEN AND ROAST POTATOES

Wash and dry all produce.

Preheat oven to 450 degrees.

Cut **potatoes** into ½-inch cubes.

Place on baking sheet and toss with a large drizzle of **olive oil**.

Roast until crispy on outside and tender on inside, 25-30 minutes.

2 ROAST GREEN BEANS

Trim **green beans**. After **potatoes** have roasted for 10 minutes, toss **green beans** with a drizzle of **olive oil** in a medium bowl. Add to baking sheet with potatoes and roast until both are tender, 15-20 minutes.

3 PREP AND SEASON FISH

Meanwhile, mince or grate **1 clove garlic** (reserve remaining clove for another use). Finely chop **parsley**. Cut **lemon** into wedges. Drain **capers**. Pat **sole** dry with a paper towel. Season all over with **salt** and **pepper**. Dust fillets evenly with **flour** on both sides.



4 COOK FISH

Heat a drizzle of **olive oil** in a large pan over high heat. (**TIP:** Grab a nonstick pan if you have one.) Add **sole** to pan and cook until firm, opaque, and lightly browned, 2-3 minutes per side. Halfway through, add ½ **TBSP butter** to pan to help brown. Remove sole from pan and set aside.

5 MAKE PAN SAUCE

Reduce heat to medium and add **garlic** to pan. Cook until lightly browned, about 1 minute. Stir in **sour cream**, **capers**, half the **parsley**, **2 TBSP water**, and a squeeze of **lemon juice**. Continue stirring until slightly thickened, about 1 minute. Remove pan from heat.

6 PLATE AND SERVE

Serve **fish** next to the **green beans** and **potatoes**. Drizzle with **sauce**. Garnish with remaining **parsley**. Serve with **lemon wedges** on the side.

GORGEOUS!

Love that sauce? It goes well with just about any fish.

