



Baked Dover Sole Fillet

From: themediterraneandish.com
Preheat oven to 375 F

Time: 1/2 hour

INGREDIENTS

1.
 - 1 juice of a lemon or lime
 - 1/2 cup extra virgin olive oil
 - 2 shallots, thinly sliced (or equiv amount onion)
 - 3 garlic cloves thinly sliced
 - 2 tablespoons capers
 - 1 teaspoon salt
 - 1/4 teaspoon ground pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon cumin, ground
 - 1 1/2 pounds sole
 - 4-6 scallions
 - 1 thinly sliced lime or lemon
 - 1/2-3/4 cup fresh dill

PREPARATION

1. whisk together lemon/lime juice, olive oil and salt. Add capers, shallots, garlic and set aside
2. mix salt, pepper, garlic powder, cumin and season washed fish
3. Place the fish fillets on a lightly-oiled large baking pan or dish.
4. Cover with the lime mixture you prepared earlier. Now arrange the green onion halves and lemon/lime slices on top.
5. Bake in 375 degrees Pre-heated oven for 10-15 minutes. Do not overcook.
6. Remove the fish fillets from the oven and garnish with the chopped fresh dill.

1. Serve immediately with bread for dipping in sauce.