



Recipes For Your Delight

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Ingredients:

1 LB	OceanPrime Sole Fillet
1/4 cup	Almonds, silvered
1/4 cup	Butter
2 tsp	Lemon Juice
	Salt & Pepper to taste

Sole Almondine

Cooking Instructions:

1. Place butter and almonds in a baking dish. Microwave 5 minutes on High until almonds are golden, stirring once. Remove almonds and set aside.
2. Arrange fillets in baking dish with thickest portions to outside of dish, turning to coat with butter.
3. Sprinkle with lemon juice and season with salt and pepper.
4. Bake for 10 –15 minutes at 400 °F/ 200 °C or until fish flakes with a fork.

Your Seafood Source!