

BAKED MEDITERRANEAN SOLE FILLETS

ingredients:

- 1 lime (juice)
- 1/2 cup extra virgin olive oil
- 4 tbsp ghee or unsalted melted butter
- 2 shallots, thinly sliced
- 3 garlic cloves, thinly-sliced
- 2 tbsp capers
- 3-4 tsp Chef Paul Prudhomme's Seafood Magic
- 1/2 tsp ground black pepper
- 1 tsp ground cumin
- 1.5 lbs. Sole fillet (about 10–12 thin fillets)
- 4-6 green onions, top trimmed, halved length-wise
- 1 lime or lemon, sliced for garnish
- 3/4 cup roughly chopped fresh dill for garnish

directions:

1. In a small bowl, whisk together lime juice, olive oil and melted butter with a dash of seasoned salt. Stir in the shallots, garlic and capers.
2. In a separate small bowl, mix together the seafood magic, pepper and cumin. Rub spices on both sides of each fish fillets.
3. Place the fish fillets on a lightly-oiled large baking pan or dish. Cover with the buttery lime mixture. Now arrange the green onion halves and lime slices on top.
4. Bake in preheated 375°F oven for 10-15 minutes. Do not overcook.
5. Remove the fish fillets from the oven and garnish with the chopped fresh dill.
6. Serve next to white rice with a glass of white wine. Enjoy!

