



West Coast Sole

Sole on the bone, grilled and served with a side and lemon garlic butter or guest sauce.



Large coloured plate with small sauce bowl.

Contains Fish - Dairy

INGREDIENTS

- 1 x 180g - 220g Sole OR 1 x 400g - 600g Sole
- 30g OB dry mix
- 20g Vegetable oil
- 1 x Side of choice
- Lemon Garlic Butter option: 20g (with smaller Sole) OR 30g (with Sole to share) OR Sauce of guest's choice

METHOD

- 1 Dust the sole in dry mix.
- 2 Oil the grill and cook the fish until the flesh is firm and turns white (approx. 4 min each side, depending on the size of the fish).
- 3 Serve the sole on a large coloured plate.
- 4 If Lemon Garlic Butter is selected, melt the butter in a small pan and pour over the cooked sole OR serve with the guest's sauce of choice.
- 5 Garnish with green garnish and a lemon wedge.

GARNISH

- 1 Lemon wedge
- 1g Spring Onion (Green garnish)

EQUIPMENT

-  Flat top grill
-  Spatula

TIPS

- Guest info: Allow 30 minutes cooking time.