West Coast Sole

Sole on the bone, grilled and served with a side and sauce of choice.



Large coloured plate with small sauce bowl.

Contains Fish - Gluten

INGREDIENTS

- 1 x 180g - 220g Sole OR 1 x 400g - 600g Sole
- 30g OB dry mix
- 20g Vegetable oil
- 1 x Side of choice
- 1 x Sauce of 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. Serve with the guest's sauce of choice in a small sauce bowl.
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.