

Episode 10:

Mediterranean Sole (Sole Mediterraneo en Papillote)

- Chef Lisandro

INGREDIENTS:

- Four pieces of fillet of sole
- 1 Spoon of parsley
- 1 Cup of Black Olives
- 1 Zucchini
- 1/2 Onion
- 1 Red Pepper
- 1 Spoon of Scallions
- 1 Squash
- 1 Pound of Broccoli
- White Wine

INSTRUCTIONS:

1. Prepare the squash by cutting it up into squares and mix with a little bit of pepper and parsley. Place on backing pan and cook in the oven until brown.
2. On a piece of aluminum foil sprinkle oil and place fish on top then add the zucchini and scallions.
3. Add Black Olives, Red Pepper, and onion on top of the fish.
4. Then sprinkle salt and add a bit of white wine.
5. Fold Foil and place on backing tray. Cook in Oven.
6. Boil the broccoli with a little bit of salt (optional: add melted cheese).
7. Combine cooked broccoli, squash and fish on plate and enjoy!