



## BAKED LEMON SOLE

Makes 2 servings.

I like the combination of this light fish paired with a touch of spice. The filling can be made any time and the fish can be assembled and refrigerated at any time as well, just be sure to bring it back to room temperature before cooking. A mini food processor is helpful to chop such small amounts of vegetables.

### INGREDIENTS

- 2 skinless lemon sole fillets, about 6 ounces each

### FILLING

- 2 tablespoons extra-virgin olive oil, plus 1 teaspoon for greasing the pan
- 1 garlic clove, cut into small pieces
- 1 small jalapeno pepper seeded, cut into small pieces (See Note)
- 2 scallions including green parts, cut into small pieces
- ½ cup loosely packed cilantro leaves, plus some for garnish
- 2 tablespoons lime juice
- ¼ teaspoon kosher salt
- Freshly ground black pepper

### PREPARATION

1. Preheat oven to 500F.
2. Grease an ovenproof dish.
3. Place all the filling ingredients into a mini food processor and pulse to a medium fine consistency.

4. Pat the fillets dry with paper towels and place them on a piece of wax paper. Salt and pepper each side lightly.
5. Spread the filling with a rubber spatula on the darker side of the fillet (where the skin was).
6. Fold the thin part of the fillet to the center, and then fold the other side to form a rectangular package.
7. Place the packages, folded side down in the dish.
8. Cover the dish tightly with heavy foil. Bake for 13-15minutes, or until the fish has just turned opaque (the fish will continue cooking when it is out of the oven).

## **NOTE**

When seeding jalapeno peppers, I advise wearing thin plastic gloves to avoid irritating your eyes or your skin.