



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOLE & SOW

Time: 20 minutes

Serves: 2

Ingredients:

4 strips thick-cut bacon – cut into matchsticks
1 clove garlic – finely chopped or grated
300g sole filets
1 pinch black pepper
4 green onions – sliced and white portion discarded

Preparation:

Place a large frying pan on medium heat.

Add the bacon and garlic. Cook stirring occasionally until the bacon is just browned. Remove with a slotted spoon and set aside.

Add the fish to the pan and season with the pepper. Cook for one minute, turn and cook for another or until fish is opaque.

Remove the fish from the pan, topping with the bacon and green onion. Serve immediately.

Nutritional Information Per Serving:

Calories: 299
Fat: 14g
Carbs: 3g
Fibre: 0.8g
Protein: 39g