

# *Veasey & Sons Fishmongers*

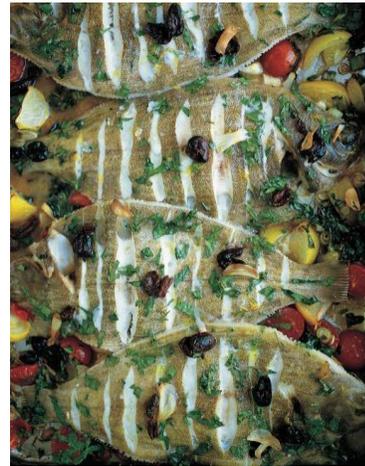
## Tray Baked Lemon Sole

### About this dish

This recipe can be applied to any size of flat fish. Out of all the soles, lemon sole is the most widely available and generally good value for money. This method of cooking is really quick and easy and I would recommend serving the whole tray at the table with a big bowl of new potatoes, a mixed salad and some crisp white wine.

### Ingredients

- 4 whole lemon soles
- 2 handfuls red and yellow cherry tomatoes, halved
- 4 cloves garlic, peeled and finely sliced
- 1 handful fresh oregano or basil, leaves picked
- 1 bunch spring onions, trimmed and finely sliced
- 1 tablespoon balsamic vinegar
- sea salt
- freshly ground black pepper
- zest of halved 2 lemons
- extra virgin olive oil
- 1 handful black olives, de-stoned and chopped
- 1 handful fresh flat-leaf parsley, finely chopped



### Method

This is really simple. First of all give your fish a wash, then with a sharp knife score across each fish down to the bone at 2.5cm/1 inch intervals on both sides. This allows flavour to penetrate the fish and lets the fish's juices come out.

Preheat the oven to 200°C/400°F/gas 6. Get yourself a bowl and add the tomatoes, garlic, oregano or basil, spring onions, balsamic vinegar, a pinch of salt and pepper and the zest and juice of 1 lemon to it. Loosen with a couple of good tablespoons of extra virgin olive oil and mix well, then spread over the bottom of a large roasting tray. Use one that will fit all 4 fish quite snugly (or you can use two smaller trays). Place the fish on top – top to tail.

Now add the olives, parsley, juice and zest of the second lemon to the bowl that the tomatoes were in. Loosen with a little olive oil and then divide this mixture between the fish, placing an equal amount on the centre of each. Cook in the preheated oven for 12 to 15 minutes, depending on the size of the fish. To check whether they're done, take the tip of a knife and push it into the thickest part of the fish. When done, the flesh will easily pull away from the bone.

Once cooked, remove the fish from the oven and allow them to rest for 3 or 4 minutes and dress your salad. Serve

This recipe was borrowed from Jamie Oliver, Did you enjoy this recipe? If so please send us a tweet @FishmongersFR @JamieOliver