

RECIPE | TOMATOES



ROASTED SOLE WITH CHERRY TOMATO SAUCE



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ROASTED SOLE WITH CHERRY TOMATO SAUCE



25 min

15 min
PREP.

10 min
COOKING



2



easy

INGREDIENTS

2 10 oz Pure Flavor® OMG™ Tomatoes, halved
1 lb wild sole
2 garlic cloves, minced
2 anchovy fillets, minced
½ cup black olives, pitted & coarsely chopped
2 tbsp butter
2 tbsp extra-virgin olive oil

2 tbsp capers, chopped
1 tbsp white wine vinegar
½ tsp red pepper flakes
Salt & pepper, to taste
Parsley, chopped, for garnish

DIRECTIONS

- 1 Heat oil and anchovies in a large saucepan over medium heat, stirring often until they turn into a paste.
- 2 Add garlic, cook until the edges brown.
- 3 Stir in olives, capers, and red pepper flakes until heated throughout.
- 4 Finally, add tomatoes and salt & pepper to taste. Cook for 5 minutes and set aside.
- 5 In a pan on medium-high heat, melt butter and add sole. Cook until browned, about 2 minutes per side. Once browned, add vinegar to pan to deglaze and finish.
- 6 Plate sole with a spoonful of the tomato sauce and garnish with parsley.