

delicious dish

parmesan crusted fillet of sole with avocado and sprout salad

This is a super simple 10 minute weeknight supper that you and the kids will love. I love the salad right on top of the fish because the lemony dressing really flavours the fish, but the kids may want it on the side.

ingredients

Fish
3 Tbs. olive or grape seed oil
4 fillets of sole
½ cup flour
½ tsp. kosher salt
Pepper to taste
2 eggs
1 cup grated parmesan cheese

Salad

1 carton of sprouts or microgreens
1 avocado, sliced in slices
Juice of ½ lemon
1-2 Tbs. Extra virgin olive oil
Coarse sea salt, I like maldon
Freshly ground pepper to taste

directions

1. **If you are frying the fish:** Heat a large fry pan to high, add the oil.
2. **If you are baking the fish:** Turn your oven to broil and arrange the baking rack second from the highest position. Generously oil a foil lined cookie sheet.
3. On one plate mix the flour with the kosher salt and pepper. On a second plate, beat the eggs, on a third plate, spread the parmesan cheese out.
4. Dip each piece of fish in the flour, then the egg, shaking off the excess, then the parmesan cheese, making sure the fish is fully coated.
5. **If you are frying the fish:** Lay the fish in the hot pan with the oil, cook on the first side until the edges begin to brown, about 4-5 minutes, flip and repeat on the second side.
6. **If you are baking the fish:** Lay the fish on the oiled sheet and then flip the piece of fish so now both sides are coated in oil, repeat with all the fish. Place in the oven and broil until golden brown, about 2-3 minutes, flip and repeat.
7. Place the fish on a platter.
8. Mix the salad ingredients together, serve on top or on the side of the fish fillets. Season with coarse sea salt and freshly ground pepper.