Butter Braised Sole

Description

Butter with fish. I MEAN fish with butter! That's it.



Summary

Yield: 2
Source: Bev Cooks
Prep Time: 30 minutes
Category: Seafood
Cuisine: American

Ingredients

- 2 tbsp olive oil
- 3 clove minced garlic
- 1 pinch red pepper flakes
- 1 bunch swiss chard
- 1/2 cup wine
- 2 sole fillets
- 4 slice lemon
- 2 tbsp lemon juice
- 2 tbsp butter
- 1/4 cup minced parsley

Instructions

Heat the oil in a large skillet.

Add the garlic and minced red pepper; sauté for 30 seconds.

Add the swiss chard and a good pinch of salt and pepper.

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Sauté 2 minutes, or until the chard wilts.

Remove from the pan and set aside.

Back in the pan, add the wine and let reduce 20 seconds.

Fold your sole fillets into little rolls and place in the pan.

Season with a pinch of salt and pepper, and then place two lemon slices on each fillet.

Place the lid on the pan and braise the fish for three minutes, until cooked through and flaky.

Carefully remove the fish fillets from the pan and set aside.

To the reduced wine, add the lemon juice, butter and minced parsley.

Whisk until melted and combined; let simmer for one minute.

Serve each sole fillet over a bed of Swiss chard and drizzled with the lemon butter sauce.

Serve immediately!