



Baked Dover Sole & Veggies

Prep Time
30 min

Cook Time
30 - 40 min

Total Time
1 hr

Yields
4 servings



Baked Dover sole and veggies sheet pan combines two summer favourites: Dover sole and new potatoes. Dover sole is delicate in taste and texture and pairs perfectly with the aroma of juice tomatoes, spring onions, capers, olives, and fresh herbs. New potatoes are cut into wedges and pan-roasted as well. You can prepare the dish with peeled or unpeeled potatoes since the skin of new potatoes is edible. We recommend putting the potatoes into the oven first and after the 15 to 20 minutes the sole on a tray below the potatoes. This way both the fish and potatoes are done at the same time. The recipe takes less than 1 hour, perfect for a quick midweek meal. It's also a great course of a light summer dinner.

Instructions

1) Heat the oven

Preheat the oven to 180°C (350°F / gas mark 4). Brush two baking trays (sheets) or oven-proof dishes with vegetable oil or grease with cooking spray.

2) Roast the potatoes

Rinse the potatoes to remove any dirt. Cut into quarters and place on a baking tray (sheet) or ovenproof dish. Add the 4 tbsp olive oil, rosemary, and salt. Toss well and roast for 30 to 40 minutes, until the potato wedges are crisp and tender.

3) Roast the sole and veggies

Wash the fish fillets under running and pat dry with a paper towel. Place the fish on the baking tray (sheet) and rub each fillet with lemon juice and the remaining 4 tbsp olive oil. Then sprinkle with salt, pepper, and garlic powder. Scatter the tomato slices, spring onions (scallions), olives, capers, laurel leaves and thyme onto the baking tray (sheet). Bake for 10 to 15 minutes, until the sole is done.

4) Serve the dish

To serve the dish, sprinkle the sole and veggies with parsley and basil leaves, and enjoy immediately.

Ingredients

4 fresh Dover sole fillets (150 g / 5 oz each)

4 tomatoes, sliced

150 g (3/4 cup) black and green olives, cut into halves

1 tbsp capers

fresh herbs (We used a mix of parsley, basil, thyme, 3 laurel leaves and rosemary.)

800 g (1.7 lbs) small new potatoes

4 spring onions (scallions), sliced

8 tbsp olive oil

1 lemon

sea salt

ground black pepper

garlic powder