

# Sole with Lemon-Caper Sauce

# EASY | RECIPE

## Ingredients:

- 4 (5 oz.) **sole fillets** (or other white fish)
- 1 Pinch **salt**
- 1½ tbsp **extra-virgin olive oil**

## Sauce:

- 1 tbsp **butter**
- 1 tsp **lemon zest**
- 3 tbsp **lemon juice**
- 2 tbsp **dill**, chopped
- 2 tsp **capers**

## Method:

**Clean** and dry sole.

**Sprinkle** with salt. In a large pan, add oil and set over medium heat. **When** hot, add sole. **Let** cook until opaque and golden, about 2-3 minutes per side. **Remove** fish and put on a plate.

**To make sauce:** Over medium heat, add butter to same pan that fish was cooked in. **Once** butter melts, add lemon zest, lemon juice, dill and capers and cook for 1-2 minutes, stirring.

**Spoon** sauce over fish fillets. **Serve** with lemon wedges.



**Makes 4 servings. Per serving (1 fillet):**

174 calories | 21g protein | 9g total fat | 3g saturated fat | 5g mono fat | 1g poly fat |  
68mg cholesterol | 1g carbohydrate | 0g sugar | 0g fiber | 172mg sodium