

SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE
GENERATIONS

Spinach Stuffed Sole (serves 2)

Spinach and other green vegetables are rich in Iron, vitamin A, Vitamin C, folate and Vitamin K. Whilst spinach is particularly high in iron and other vitamins. Vitamin K is needed for blood clotting which helps wounds to heal. Vitamin K can also help to keep our bones healthy. This will count towards your '5-a-day'

Ingredients

- 2 sole fillets
- 1 tsp of olive oil
- 250g spinach
- ¼ onion finely chopped
- 1 garlic clove crushed
- 2 teaspoons butter(melted)
- 2 lemon slices for garnish

Method

- Heat Oven to 180°C/Fan 160°C/350°F/Gas mark 4
- In a pan heat olive oil over a low heat add garlic and onion and roughly 3/4 of the spinach and cook for 3 minutes.
- Lay out the sole fillets and divide the mixture between the two.
- Roll up fillets and place in baking tray seam down or use a skewer to secure.
- Brush with melted butter and bake in oven for 10 minutes or until fillets are cooked through.
- Serve with remaining fresh spinach and Garnish with lemon slices

Front of pack (food) for portion of 312g

Energy	Fat	Saturates	Sugars	Salt
933kJ 222kcal	9.4g	13.7g	1.6g	0.6g
11%	13%	19%	2%	9%

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk