



HOME CHEF

Pan-Fried Sole with White Wine Butter Sauce

With Fresh Lemon and Roasted French Vegetable Medley



If you're craving something light after a weekend of eating donuts and burritos, look no further. Sole has a super delicate flavor and texture that calls for a gentle hand when cooking. (That's our way of saying don't worry if it falls apart while you cook it.) It's perfectly paired with lemon-butter pan sauce and roasted shallots, green beans, and grape tomatoes. Simple, elegant, and delicious.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 543
Carbohydrates: 19g
Fat: 29g
Protein: 44g
Sodium: 447mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Soft, flakey fish like sole does well with zesty whites—Vinho Verde from Portugal, Sauvignon Blancs, and Gruner Veltliner (Austria's signature white wine with notes of white pepper.)

INGREDIENTS

5 oz. Green Beans
1 Shallot
1 Lemon
.15 oz. Parsley Sprigs
2 Sole Fillets
4 oz. Grape Tomatoes
3 oz. White Cooking Wine
2 oz. Evaporated Milk,
Canned
1 oz. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Baking Sheet
Medium Non-Stick Pan

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Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil. Spray lightly with **cooking spray**. Thoroughly rinse produce and pat dry. Trim ends off **green beans**. Peel and halve **shallot** lengthwise. Mince one half and slice the other half into thin strips. Zest and quarter **lemon**. Stem and coarsely chop **parsley**. Carefully rinse **sole** (flesh is very delicate) and pat very dry. Gently cut sole in half lengthwise and season with a pinch of **salt and pepper**.

Roast Vegetables

Place **grape tomatoes, sliced shallots, and green beans** on baking sheet. Toss with 1 tsp. **olive oil** and a pinch of **salt and pepper**. Roast for 8-10 minutes, or vegetables begin to brown. Set aside.

Cook the Fish

Warm a medium non-stick pan over medium-high heat. Working in 2 batches, add 1 tsp. **olive oil** and **half of the fillets** to pan. Cook 2-3 minutes on each side, turning carefully, until it reaches a minimum internal temperature of 145 degrees. *It's hard to get a good sear on sole, so don't worry if yours is paler than pictured.* Carefully transfer fish to a plate, add 1 tsp. of oil to pan, and repeat. Sole is delicate and requires gentle handling. If a fillet breaks, no big deal—it's still just as delicious!

Start the Sauce

Heat same pan used to sear fish over medium heat. Add **minced shallots, juice of one lemon quarter, and white cooking wine** and cook until reduced by half, about 1-2 minutes. Use a spoon to scrape up any **browned bits** on the bottom of the pan—this is called *fond* and it's packed with flavor.

Finish the Sauce

Add **evaporated milk** to pan and cook for 1-2 more minutes, or until slightly thickened. Remove pan from heat. Add **butter** to pan and swirl to incorporate. *This technique is called **mounting the butter** and it enriches sauces without separating the butter.* Optional: for a smoother sauce, you may strain the bits of **shallot** from the sauce after mounting the butter by passing it through a fine mesh strainer into a small bowl.

Plate the Dish

Pour **white wine and lemon butter sauce** on a plate. Arrange **fish fillets** over the sauce. Place **roasted vegetables** and remaining **lemon slices** next to fish. Garnish with **lemon zest** and **parsley**.