**Dover Sole Piccata**
with caper-butter sauce and crispy potatoes

**IN YOUR BOX**
- 1 Russet Potato
- 1 Shallot
- 2 Garlic Cloves
- 1 Lemon
- ¼ oz. Parsley
- 12 oz. Dover Sole
- 3 Tbsp. Cornstarch
- 1 oz. Butter
- 1 oz. Capers

CONTAINS: milk, fish (sole)
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

**IN YOUR KITCHEN**
- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Large Non-Stick Pan
- Medium Non-Stick Pan

**NUTRITION per serving**
- 46g carbohydrates
- 29g fat
- 37g protein
- 949mg sodium
- calorie-conscious

**35-45 min. Intermediate 3 days Not Spicy**

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FROM THE CHEF
After covering sole fillets in cornstarch, place in hot pan as soon as possible. The quicker they start frying, the crispier the final results.

Did you know...
The traditional preparation of piccata uses veal or swordfish. In the United States, however, the most popular protein for piccata is chicken.

WHILE YOU COOK
Heads Up! Cornstarch is used twice. Most coats sole fillets, and 1 tsp. thickens sauce.

Cook the Fish
Line a plate with a paper towel. Set aside 1 tsp. cornstarch. Place sole fillets on a plate and lightly rub remaining cornstarch on fish. Return pan used to cook potato to medium-high heat and add 1 Tbsp. olive oil. Add sole fillets to hot pan and cook until golden brown and fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. Remove to towel-lined plate.

Make the Sauce
Combine reserved cornstarch with 1 tsp. water. Place a medium non-stick pan over medium-high heat. Add 1 tsp. olive oil and garlic to hot pan and cook until aromatic, 30-60 seconds. Add ½ cup water, 2 tsp. lemon juice, and cornstarch-water mix and stir constantly, 1 minute. Bring to a simmer and cook 1-2 minutes. Remove from burner, swirl in butter, and stir in capers and parsley. Season with a pinch of salt and pepper.

Finish the Dish
Plate as pictured on front of card. Bon appétit!

Prepare the Ingredients
Mince garlic. Halve and juice lemon. Stem and mince parsley. Pat sole fillets dry, and season with a pinch of salt and pepper.