



CORNISH SOLE MEUNIERE

Ingredients

F 150359	Portico Premium Pan-Ready Cornish Sole	1 x Each
C 151397	Fresh Kitchen Fish Veloute	100ml
F 31436	Fine White Devon Crab Meat	75g
F 121212	Pommes Anna	2 x Each
C 152783	Purple Sprouting Broccoli	75g
C 150466	Large Lemon	0.3 x Each
C 151108	Micro Leaf Lemon Balm	2g

Method

Cook the Sole from defrost in a pan with a little butter then into an oven until cooked through. Add the crab meat to the veloute and warm through in a pan.

Plate up the Sole, pour over the crab veloute, garnish with the lemon balm and serve with the pomme anna and sprouting broccoli.

