



NOV
2016

Pan-Seared Sole

with Salsa Verde, Fingerling Potatoes, and Lemony Green Beans

Every cuisine has its own version of a green sauce. In Argentina, it's chimichurri; in France, it's sauce verte; and in Spain and Italy, salsa verde. Our chefs put their own spin on the Italian version by incorporating green olives and parsley. It adds a major pop of flavor to this light yet satisfying dinner.



Prep: 15 min
Total: 35 min



level 1



nut
free



gluten
free



make
me first



Fingerling
Potatoes



Green
Beans



Garlic



Parsley



Lemon



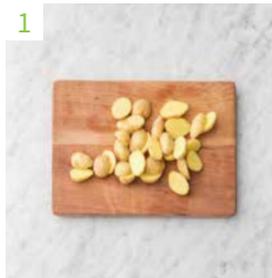
Green
Olives



Sole

Ingredients	2 People	4 People	*Not Included
Fingerling Potatoes	12 oz	24 oz	Allergens
Green Beans	6 oz	12 oz	1) Fish
Garlic	1 Clove	2 Cloves	2) Milk
Parsley	¼ oz	½ oz	
Lemon	1	2	
Green Olives	1 oz	2 oz	Tools
Sole	1) 12 oz	24 oz	Baking sheet, Medium pot, Small bowl, Strainer, Paper towel, Large pan
Butter*	2) 1 TBSP	2 TBSP	
Olive Oil*	8 tsp	16 tsp	

Nutrition per person Calories: 540 cal | Fat: 30 g | Sat. Fat: 6 g | Protein: 37 g | Carbs: 39 g | Sugar: 6 g | Sodium: 357 mg | Fiber: 9 g



1 Preheat oven and roast the potatoes: **Wash and dry all produce.** Preheat oven to 400 degrees. Halve **potatoes**, quartering any larger ones so all are of equal size. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until crispy and golden brown, 25-30 minutes.



2 Prep the remaining ingredients: Bring a medium pot of **salted water** to a boil. Trim **green beans**. Mince **1 clove garlic**. Finely chop **parsley**. Halve **lemon**. Finely mince **olives**.

3 Make the salsa verde: In a small bowl, combine **parsley, olives, ½ TBSP lemon juice** and **2 TBSP olive oil**. Add a pinch of **garlic**, to taste. Season with **salt** and **pepper**.



4 Boil the green beans: Add **green beans** to boiling water. Cook until bright green and crisp-tender, 3-5 minutes. Drain and rinse under cold water.



5 Cook the sole: Pat **sole** dry with a paper towel, and season on all sides with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Once hot, add fish and cook until flaky and opaque, 2-3 minutes per side. Remove from pan and place directly on plates. Top with a squeeze of **lemon**.

6 Finish and plate: Add **green beans** to same pan over medium heat. Toss with **1 TBSP butter** and a squeeze of **lemon**. Season with **salt** and **pepper**. Serve **potatoes** and **green beans** alongside **sole**. Top with **salsa verde** and enjoy!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics**, and you'll be entered into our weekly photo contest!

