

East West Bake Cooking Show

BAKED LEMON SOLE

Chef Norman Musa



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Episode 2 – Baked Lemon Sole by Chef Norman Musa

Serves 2-3

Ingredients – for the breadcrumb mixture

- 4 slices ‘staled’ white bread, remove the crusts and cut in 4 pieces each
- ½ tablespoon lime zest
- 40g cashew nuts
- 40g grated parmesan
- 2 tablespoons coconut oil
- 2 tablespoons finely chopped chives
- 1 teaspoon grated ginger

Ingredients - for the sole

- 2 lemon sole, filleted, rinsed and patted dry
- 300g pak choy, cut the stems
- 2 tablespoons light soy sauce
- Salt and freshly ground black pepper
- 4 tablespoons coconut oil
- 25g capers
- ½ red chilli, deseeded and finely chopped
- 1 tablespoon lime juice

Preheat oven to 200C/Gas Mark 6.

In a food processor combine bread, lime zest, cashew nuts and cheese. Pulse until almost uniform in texture. Continue pulsing while drizzling in the coconut oil. Set aside.

Place the pak choy on the casserole or deep baking tray and pour in the soy sauce, give a good mix. Season the fish fillets with salt and pepper and place them on the pak choy.

In a small frying pan heat up the 4 tablespoons of coconut oil and add the capers, chilli and lime juice. Pour butter mixture over fish, and sprinkle tops with bread crumb mixture. Bake uncovered for 15 to 20 minutes. Take out from the oven and serve immediately.

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