

What Katie ate...

LEMON SOLE WITH ALMOND, CRISPY CAPER CRUSHED POTATOES

FOR THE BURGERS

1kg baby, floury new potatoes
2 plump garlic cloves, peeled + finely chopped
1/3 cup apple cider vinegar
1/2 cup salted capers, well rinsed
Bunch scallions, trimmed + thinly sliced
Handful small fresh mint leaves
Good quality olive oil
Maldon sea salt flakes
Freshly ground black pepper

FOR THE FISH

4 x 250g lemon sole fillets
1/2 cup plain flour
juice of 2 small lemons
1/3 cup flaked or slivered almonds
2 tbsp unsalted butter
Handful fresh dill, finely chopped
Maldon sea salt flakes
Freshly ground black pepper

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SERVES 4

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Preheat oven to 180 °C/350 °F.

Add 2 tbsp olive oil, vinegar, capers and scallions into a small bowl, season with salt and freshly ground black pepper, mix together well. Set aside.

Par cook potatoes for 8-10 mins, drain and coat in a splash of olive oil. Turn out onto a baking sheet and roast for 10 mins or until slightly softened. Using the back of a dessert spoon, slightly crush potatoes to flatten a bit then continue to roast for another 10 mins.

Remove tray from oven, shake the tray well then cover potatoes with the caper/scallion mixture, return tray to oven and cook for another 20-30 mins (give the lot a toss around using a metal spoon to ensure even cooking) or until potatoes are crispy and crunchy.

Scatter flaked almonds on a baking tray and roast in the oven for 7-8 mins or until lightly toasted - take care to not allow them to burn. Set aside.

Add flour to a shallow baking dish. Season with salt and freshly ground pepper mix well then toss each sole fillet in the seasoned flour. Shake off excess flour.

Heat 1-2 tbsp olive oil in a large non-stick frying pan. In batches of two fillets fry fish skin side down for 2 mins, then carefully turn over and cook for a further 1-2 mins or until golden.

Rest fish on a plate and season with salt and pepper.

Add butter into same large pan, melt over low-medium heat, swirling pan occasionally, until lightly browned. Add lemon juice and dill, add the 4 fillets back into the pan, skin side down, spoon butter sauce over fish. At last minute scatter flaked almonds over fish.

Serve with potatoes topped with baby mint leaves.