

STEAMED SOLE, CAULIFLOWER PUREE, ASPARAGUS & LIME

Serves 2

INGREDIENTS

200g fresh sole fillets
1 clove of garlic, minced
1 teaspoon salt
2 tablespoon lime juice
200g cauliflower florets
1 + 1/2 teaspoon salt
Pinch white pepper
2 bay leaves
80g fresh green asparagus
Baby rocket leaves to garnish
One lime, cut in half



METHOD

Place your cauliflower florets in a saucepan with 1 teaspoon of salt and the bay leaves. Top with with and boil until cauliflower is tender and cooked. Drain and discard the bay leaves. Place the cauliflower, while still hot, into a food processor and blitz until smooth. Season with 1/2 a teaspoon of salt and a pinch of white pepper. Mix 2 tablespoon of lime juice with the minced garlic and 1 teaspoon of salt. Gently rub this mixture into the sole fillets, then place inside a bamboo steamer along with the asparagus. Plate the steamer onto a well fitted saucepan half filled with water and steam for about 3 to 4 minutes (it cooks surprisingly quickly).

Divide your cauliflower puree between two plates, then divide the sole and asparagus onto the plates as well. Garnish with fresh rocket leaves and half a lime.

PER PERSON:

100g protein
140g vegetables