



RECIPE FOR THE

SOLE ROLLS WITH ASPARAGUS

PARMESAN AND ESTRAGON



50MIN

LEVEL



PREPARATION

- Preheat the oven to 190 °C (375 °F). Cut off the hard, fibrous part of the asparagus. Cut the asparagus in half horizontally.
- Melt butter, add oil, garlic, salted herbs, asparagus, pepper, sauté for a few seconds. Add the maple syrup and stir for about 1 minute.
- Remove the asparagus from the pan and place on a plate, making sure to leave the sauce inside the pan and add the lemon juice. Set aside.
- Garnish the center of each sole fillet with the asparagus, tarragon and cheese. Roll each fillet around the asparagus and fix with a small skewer stick.
- Spread the asparagus cooking liquid over the fillets and place in the oven for about 10 minutes.
- Enjoy with basmati rice and/or salad.

Recipe and photo by Mitsoumagazine



Shopping list

INGREDIENTS

- 1 bunch of asparagus
- 1 tablespoon of butter
- 1 drizzle of extra-virgin olive oil
- 2 cloves garlic, peeled and minced
- 1 + ½ teaspoon of herbes de Provence
- 1 tablespoon of maple syrup
- The juice of 1 lemon
- 8 fillets of sole
- A few stems of fresh tarragon
- 1 cup of grated Parmesan
- Sticks for skewers

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