



Fresh. Simple. Sustainable.

Petrale Sole Niçoise

Gwyneth Paltrow / It's All Easy

4 petrale sole fillets, or whatever looks best
Salt and pepper
2 teaspoons capers
12 cherry tomatoes, cut in half
16 pitted kalamata olives, cut in half
4 teaspoons white wine
4 teaspoons olive oil
4 teaspoons julienned fresh basil

Preheat oven to 400°.

Lay out four 9×11-inch pieces of parchment paper on a flat surface.

Season sole generously with salt and pepper and place in parchment paper. Top each with ½ teaspoon capers, 3 sliced cherry tomatoes and 4 halved kalamata olives.

Pour 1 teaspoon white wine and 1 teaspoon olive oil over each, then fold the parchment paper over the fish and tightly roll up the edges so that no liquid can escape.

Bake on a bake sheet for 10-15 minutes depending on the thickness of fillets.

Transfer to a plate and garnish each portion with basil.
Serves 4