

Curried Sole



Serves 4

Ingredients:

- 500 g fillets of sole
- ¼ cup light mayonnaise
- 1 tsp lemon juice
- 1 tsp curry
- 1 tbsp dried parsley

Procedure:

- Arrange the fish in a microwave-safe dish that has been greased with olive oil.
- Set aside.
- Meanwhile, mix mayonnaise, lemon juice and curry. Spread on fillets.
- Sprinkle with parsley.
- Cover with plastic wrap.
- Cook on high for 4 – 6 minutes, depending on the thickness of the fish.
- Rotate dish halfway through cooking.

Per serving:

- Calories: 147
- Protein: 21 gm
- Carbohydrates: 2 gm
- Fat: 6 gm

Curry adds an Eastern touch to traditional baked fish. This is a good dish to serve to company and it is very easy to make.