

Baked Sole fillet, Spiced Mediterranean-style

Ingredients

- 1 lime or lemon, juice of
- ½ cup Private Reserve extra virgin olive oil
- 3 tbsp ghee or unsalted melted butter (if you like it buttery, then add up to ½ cup)
- 2 shallots, thinly sliced
- 3 garlic cloves, thinly-sliced
- 2 tbsp capers
- 1 tsp seasoned salt, or to your taste
- ¾ tsp ground black pepper
- 1 tsp ground cumin
- 1 tsp garlic powder
- 5 lb Sole fillet (about 10-12 thin fillets)
- 4-6 green onions, top trimmed, halved length-wise
- 1 lime or lemon, sliced (optional)
- ¾ cup roughly chopped fresh dill for garnish

Instructions

1. In a small bowl, whisk together lime juice, olive oil and melted butter with a dash of seasoned salt. Stir in the shallots, garlic and capers.
2. In a separate small bowl, mix together the seasoned salt, pepper, cumin and garlic powder. Spice fish fillets each on both sides.
3. Place the fish fillets on a lightly-oiled large baking pan or dish. Cover with the buttery lime mixture you prepared earlier. Now arrange the green onion halves and lime slices on top.
4. Bake in 375 degrees F-heated oven for 10-15 minutes. Do not overcook.
5. Remove the fish fillets from the oven and garnish with the chopped fresh dill.
6. Serve next to white rice.