



Sogliola Alberta

Cooking time: approx 4-5 mins

Ingredients:

200g fresh or frozen Sole fillets

100g Scottish Salmon

10g Unsalted Butter

½ tsp salt

100g fresh or frozen spinach

For Sauce ½ cup double cream

100g Norwegian baby prawns

1 tsp garlic

Method:

Place the Salmon on top of the Sole and roll them up. Season with a little salt and pepper. Place on to a oven tray and put in the oven at 375 for 4 - 5 minutes.

Slowly reduce the double cream, add the baby prawns, garlic, salt and pepper. Gently sautee the spinach with butter. Place the spinach onto a plate with the fish on top. Drape the fish with the sauce.

Buon appetito!

Ali.

Head Chef

