

SERVES 4



GRILLED SOLE WITH ASPARAGUS AND ALMOND SLIVERS

INGREDIENTS

4 x 250g sole (can be substituted with hake)
50g almond slivers, roasted
2 x lemon quartered
Chopped parsley for garnish

250g asparagus spears
100g butter
Salt & white pepper to taste

METHOD

Cut 4 pieces of Twinsaver Ultra Tough Foil (around 50cm each).
Divide the asparagus spears and place onto 4 pieces of foil. Season with salt & pepper.
Place the sole/ hake pieces on top of the asparagus. Squeeze half a lemon on each fish piece.
Add garlic, parsley on top of each fish pile, Season with salt and pepper. End with 2 tablespoons of butter on each.
Sprinkle the almond slivers on top and wrap each parcel.
Place on braai on indirect heat and cook 20--25min.
Eat immediately after cooking.

COOKING TIP: Fish can easily overcook. As soon as fish becomes flaky, take off the fire and serve.