THE LIGHTER PLATE METHOD

Pan-Seared Sole with Garlic Cherry Tomatoes

A simple, fast midweek plate — delicate sole with sweet, garlicky burst tomatoes.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**1**	**EASY**

Ingredients

- 150 g sole fillet
- 100 g cherry tomatoes
- 1 clove garlic (sliced)
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 pinch black pepper
- 1 sprig fresh thyme

Method

1. Season the sole with salt and pepper.
2. Heat half the oil in a non-stick pan and sear the fish briefly on both sides, until just cooked through. Remove to a plate.
3. In the same pan, add the remaining oil and sauté the tomatoes with the garlic and thyme until softened and starting to burst.
4. Spoon the tomatoes alongside the fish to serve.

Tips & swaps

- Sole cooks in minutes — watch it closely so it doesn't overcook and dry out.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**26g**	**6g**	**12g**	**2g**

Estimated values, for guidance only. Contains: Fish.