

Rick's Lemon Sole & Avocado Salad



Serves 2 Prep 10 mins

Cooking 10 mins

Easy

Ingredients

160g small lemon sole fillets, cut in half
2 tbsp semolina
50-60ml olive oil for frying

For the salad:

½ romaine or Cos lettuce, leaves torn
1 tomato or a handful of cherry tomatoes
1 small avocado, sliced
4 basil leaves, torn

For the dressing:

3 tbsp sunflower oil
1 tbsp mild flavoured olive oil
1 tbsp red wine vinegar
¼ tsp salt
¼ tsp sugar

1. Put the semolina on a plate. Season the sole fillets with salt and pepper and then turn over in the semolina to lightly coat.
2. Heat the olive oil over a moderate heat and shallow fry the sole fillets for a couple of minutes until lightly golden and just cooked through.
3. While the sole is cooking, assemble the salad and then tuck the pieces of warm sole in amongst the leaves. Then toss it through some of the dressing. Serve immediately.