

Stuffed fillets of sole

6 double fillets of sole
170g grey shrimps
30g roasted pine nuts
20g sage
60g fennel
150g Cocovite scrambled egg mix
Fish velouté sauce
Salt and pepper

Finely chop the shrimps, sage and fennel. Mix with the Cocovite scrambled egg mix and add the roasted pine nuts. Season with salt and pepper. Lay the sole fillets skin side down, spoon the shrimp mixture on top of the fillets and roll the fillets up. Place them into an oven proof dish and bake for about 10 minutes in an oven set at 130°C. Serve with velouté sauce.

