

ROLLED SOLE WITH TAPENADE

and tomato-basil coulis



Preparation : 15 min - **Resting :** - - **Cooking :** 30 min - **Equipment :** -

Ingredients : 4/6

- 9 - 10 sole fillets, halved - salt, pepper - 100 g tapenade - 200 g sundried tomatoes - a little olive oil - several basil leaves, washed - TOMATO-BASIL COULIS: - 5 very ripe Roma tomatoes - 1 tbsp olive oil - 5 basil leaves, washed - 1 onion, peeled and quartered - 1 garlic clove, peeled and germ removed* - salt, pepper

1. Prepare the tomato coulis : Peel, quarter and seed the tomatoes. Put the olive oil into the metal bowl and add the tomatoes, basil, onion and garlic. Run the EXPERT programme for 12 minutes/speed 1A/100°C. Season to taste then restart the programme (without heating) for 45 seconds/speed 18 to mix the coulis.

2. Remove any bones from the fillets. Season with salt and pepper, spread with tapenade and place a sundried tomato at the wide end of each fillet; roll and secure with a wooden cocktail stick.

3. Fill the metal bowl with 500ml water, lightly brush the steamer basket with oil and place the rolled sole in the basket. Run the STEAM programme at 100°C (if necessary, adjust the cooking time depending on the thickness of the fillets).

4. Serve the sole with the tomato-basil coulis; garnish with basil leaves. This dish could be accompanied with the Provençal vegetable stew.

