

Baked Dover Sole with Tarragon/Mushroom Sauce

Makes: 4 - 5 servings

Ingredients:

- Dover sole fillets, totalling 2 pounds
- 5 Tbsp. olive oil
- 2 Tbsp. lemon juice
- salt & pepper to taste
- 1/2 lb. fresh mushrooms, thinly sliced
- 1/2 medium onion, finely chopped
- 1 Tbsp. fresh tarragon, chopped
- 3 Tbsp. corn starch
- 1 ½ cups of organic vegetable or chicken stock
- 3 Tbsp. coconut milk

Preparation:

Preheat the oven to 425 degrees F.

Heat half the olive oil in a large pan over medium heat. Add the mushrooms & onions and cook until tender, about 5 minutes. Mix in cornstarch until well combined. Slowly mix in the vegetable or chicken stock, then add the tarragon. Simmer until sauce thickens. Stir in the coconut milk and season to taste with salt and pepper.

Season the sole with salt and pepper. Roll the fillets up and place in a baking dish. Drizzle with olive oil and lemon juice. Bake the sole until just cooked through (about 15 minutes).

Place sole on serving plates, top with sauce and serve.