

Fillets Of Sole - Pizzaiola Style



SERVING SIZE: 4

Ingredients

- As Needed **FISH**
- 1 pound Filets of Sole
- 1/4 cup Olive Oil
- 1/4 cup Bread Crumbs
- 1 tablespoon Romano Cheese, Grated
- As Needed
- As Needed **SAUCE**
- 1/2 cup **Furmano's Italian Style Plum Tomatoes**, Mashed
- 1/4 cup Olive Oil
- 1 tablespoon Onions, Minced
- 1 clove Garlic, Minced
- 1/2 teaspoon Oregano
- 1 tablespoon Parsley, chopped
- As Needed Salt and Pepper

In This Recipe



Plum Tomatoes - Italian Style (28 oz)



Preparation

1. Wash and dry fish.
2. Coat bottom of a shallow 7"x11" baking pan with olive oil.
3. Sprinkle 2 tablespoons bread crumbs over oil in baking pan.
4. Arrange fish on top of bread crumbs in oil.
5. In small bowl, combine sauce ingredients, then pour over fish.
6. Combine remaining bread crumbs with a bit of olive oil and 1 tablespoon grated cheese; sprinkle on top.
7. Bake in preheated oven at 375 degrees for 25 minutes or until tender.

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