

Dover Sole with Herb Oil and Zucchini

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dover-sole-indian-recipe>

Ingredients:

- 24 ounces dover sole skinned, or other flatfish. A 22- to 24-ounce whole fish, once cleaned, will feed two.
- 5 basil leaves
- 1 sprig thyme or savory sprig
- extra-virgin olive oil
- 3 carrots multi-colored small
- 2 zucchini medium, sliced into 1/4-inch rounds
- 1 clove garlic cloves peeled and crushed
- ground white pepper freshly
- kosher salt

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 165 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 68 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 750 milligrams
9. Sugar: 10 grams

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