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## Scallop & Crab Stuffed Sole

Serves 4

### Ingredients

- 4 sole fillets, about 1.5 lbs
- 4 oz. crab meat
- ½ lb scallops
- 2 tbsp mayonnaise
- ½ onion, diced
- 1 tsp parsley
- ½ cup breadcrumbs
- ½ cup melted butter

### Directions:

Preheat oven to 375°

Mix crab meat, scallops, mayo, onion, and parsley.

Place the sole on a cutting board with the darkest side facing up. Spoon a dollop of the seafood mixture onto the wider half of the fillet. Fold the smaller, tapered end completely over this dollop and tuck it in under the wide end of that it is now on the bottom. Use cooking spray on the baking dish and gently transfer each fish rollup you've made to the dish.

Brush the stuffed sole with melted butter and sprinkle breadcrumbs over the top of each rollup.

Bake the sole for approximately 20-25 minutes until fish cooked through.