



## Feast of One Fish

### INGREDIENTS:

- 6 oz. fillet of Dover sole
- 1/4 cup olive oil
- 1/3 cup grape tomatoes, halved
- 3 tsp. thyme
- 1/4 cup zucchini, thinly sliced
- 2 lemon wedges
- Salt and pepper

### DIRECTIONS:

1. Season Dover sole fillet with salt and pepper to taste.
2. Lay the fish on a 12-18" piece of aluminum foil, then fold the sides to create a tray.
3. Pour olive oil over the top of the fish.
4. Lay zucchini slices, halved tomatoes, and thyme atop fish.
5. Cover the fish by closing the sides of the foil over it.
6. Cook in oven pre-heated to 350 degrees for 7 to 8 minutes.
7. Drizzle with olive oil and serve.

(Cooking times can vary by equipment. Be sure that fish is fully cooked before serving.)

