



# CRUNCHY SOLE (FOR KIDS)

DIFFICULTY: AVERAGE · TIME: 50 MINS · SERVES FOUR

1 SOLE WEIGHING BETWEEN 400 AND 500 G.

4 LARGE POTATOES

2 RED ONIONS

1 BAG OF LAMB'S LETTUCE

1 EGG WHITE

50 G. FRIED CORN

50 G. PEELED NUTS

50 G. PISTACHIO NUTS

EXTRA VIRGIN OLIVE OIL

BLACK PEPPER

SALT

**THE POTATOES:** peel and cut the potatoes into fine rounds. Finely julienne cut the onions and mix with the potatoes. Season and place on a baking tray. Drizzle with oil and several drops of water and bake in the oven for 45 minutes at 180° C.

**THE COATING:** grind the nuts to make a coarse flour; you should be able to distinguish the different types of nuts.

**THE FISH:** bone the fish, dry with kitchen towel and coat in beaten egg white and then the ground nuts. Fry in abundant oil and then drain on kitchen towel.

**PLATING AND PRESENTATION:** place a small pile of potatoes in the middle of the plate, then a small bunch of lamb's lettuce shoots drizzled with oil. Stand the fish fillets against the potatoes. Sprinkle ground nuts and lamb's lettuce shoots on top.