

DINNER

Sole with Seafood Imperial

8 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$5.36	453 kcal

Sole with Seafood Imperial is a gluten free, dairy free, fodmap friendly, and pescatarian recipe with 6 servings. One portion of this dish contains about 39g of protein, 27g of fat, and a total of 453 calories. For \$5.36 per serving, this recipe covers 27% of your daily requirements of vitamins and...

Ingredients

☐ ¾ teaspoon freshly ground black pepper, divided	☐ ½ teaspoon Dijon mustard
☐ 1 cup dry white wine	☐ 36 ounce sole or flounder fillets
☐ 2 tablespoons chopped fresh parsley	☐ ¼ cup diced green bell pepper
☐ 6 servings Simple Lemon Butter	☐ 2 lemons
☐ ½ pound fresh lump crabmeat	☐ ½ cup mayonnaise
☐ ¼ cup butter or olive oil, divided	☐ ¼ cup diced red bell pepper
☐ ½ teaspoon salt	☐ ¼ pound broiled scallops, diced
☐ 1 teaspoon seafood seasoning	☐ ½ pound cooked shrimp, peeled, deveined, and chopped

EQUIPMENT Bowl, Frying pan, Oven, Baking pan, Aluminum foil, Slotted spoon

Method

- 1

Melt 2 tablespoons butter in a skillet over medium heat.

- 2 Add bell peppers, and saut 3 minutes or until tender.
- 3 Place peppers, crabmeat, shrimp, and scallops in a bowl; toss gently.
- 4 Add mayonnaise, mustard, seafood seasoning, 1/2 teaspoon black pepper, juice of 1 lemon, and parsley; stir gently.
- 5 Spread seafood mixture evenly on fillets, and roll up. Arrange, seam side down, in a 13- x 9-inch baking dish. Melt remaining 2 tablespoons butter, and brush tops of rolled fillets. Season lightly with salt and remaining 1/4 teaspoon pepper. Squeeze remaining lemon over fillets.
- 6 Pour wine into baking dish. Cover dish with aluminum foil; make several slits in foil to allow steam to escape.
- 7 Bake at 375 for 30 to 35 minutes or until fish flakes with a fork.
- 8 Remove fillets with a slotted spoon to a platter.
- 9 Serve with Simple Lemon Butter.

Nutrition per serving

453	39 g	27 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.3 g · 27% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			2 g · 2% of daily needs
Sodium			894 mg · 39% of daily needs
Cholesterol			166 mg · 55% of daily needs
Vitamin C			40.2 mg · 49% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sole-with-seafood-imperial-148649