

Remove and let stand until cool, then finely chop tomatoes and add chipotles to taste. Refrigerate until needed.

While rice is cooking, sauté spinach in olive oil. Add one minced garlic clove, nutmeg and season with salt and pepper. Once cooled, squeeze excess juice out. On a clean surface, place sole fillets, skin side down. Season both sides. Layer spinach evenly between each fillet, sprinkle lemon zest over spinach. Roll tightly and place toothpick through to hold.

In a hot pan, sear fish fillets on all sides until golden brown. To finish, steam or roast the fillets. To steam: reduce heat, add ½ cup water/stock and cover for about 7-8 minutes. To roast: place in the oven at 375° and cook for 10-12 minutes.

Sauté the marinated vegetable mix on medium heat until tender and serve with portion of rice and tomato chipotle relish.