

# Tracy's Treat

Buy sole fillets. Slather with cream cheese.

Take whole prawns and put 1 or 2 in the middle of the sole.

Roll up and secure with toothpicks. Put in baking dish and season with favourite seasonings. Eg: garlic powder, dill, lemon pepper, salt and pepper, or whatever you like.

Bake at 350 for 20 min to ½ hour – depending on thickness.