

Hake, Pesto and New Potatoes



Ingredients

250G BABY POTATOES

2 TBSP OLIVE OIL

1 HANDFUL SPINACH

1 HALF LEMON

FOR THE PESTO

50G PINE NUTS

100G BASIL

50G PARMESAN

150ML OLIVE OIL

2 GARLIC CLOVES

Method

METHOD FOR PESTO

TOAST PINE NUTS UNTIL GOLDEN, PLACE INTO A FOOD PROCESSOR WITH BASIL, PARMESAN, OLIVE OIL AND GARLIC CLOVES. PROCESS UNTIL YOU HAVE A TEXTURED PASTE, SEASON TO TASTE.

METHOD

1. COOK POTATOES IN BOILING SALTED WATER FOR 10-15 MINUTES. DRAIN, THEN RETURN TO THE PAN TO KEEP WARM.

2. HEAT 2 TBSP OF OIL IN A PAN TO A MEDIUM HIGH HEAT. PAT DRY THE FILLET AND SEASON WITH SALT AND PEPPER. PLACE FISH SKIN SIDE DOWN FOR 3-4 MINUTES UNTIL CRISP. TURN AND COOK FOR 2-3 MINUTES DEPENDING ON THE THICKNESS OF FISH. PLACE THE HALF LEMON INTO THE PAN CUT SIDE DOWN UNTIL BROWNED.

3. MEANWHILE, WILT SPINACH IN A SMALL SAUCE PAN WITH 1 TABLESPOON OF WATER, DRAIN AWAY ANY EXCESS LIQUID.

4. TO SERVE DIVIDE SPINACH INTO 2 PLATES TOP WITH FISH AND SERVE WITH WARM POTATOES. DRIZZLE WITH PESTO AND SQUEEZE OVER THE SWEET CHARRED LEMON TO TASTE.