



One Pan Fish, Chorizo & Peas

Serves 4 people

Ingredients

25g butter
1 Tbsp vegetable oil
300g leeks, finely sliced
2 garlic cloves, finely sliced
400ml fish or chicken stock
4 sea bass fillets, cut into chunks
150g frozen peas, defrosted
100g chorizo, roughly sliced
½ lemon, zest and juice
Crusty bread, to serve

Instructions

In a large, wide-bottomed frying pan, melt the butter over a medium heat. Add the leeks and saute for 5-7 minutes until tender.

Add the garlic and continue to stir for 1 minute. Carefully pour the stock into the pan and stir well to combine. Bring to a simmer and reduce the heat to the lowest setting.

Stir in the peas and nestle the fish, skin side down, between the vegetables. Cover with a lid and cook for 5 minutes.

Meanwhile, warm a separate small saucepan over a medium to high heat. Add the chorizo and stir fry until crispy. Turn off the heat and set the saucepan aside to cool.

Once the fish is cooked, remove the large frying pan from the heat. Carefully transfer the fish to individual serving bowls. Spoon over the broth, vegetables and cooled chorizo - including a little chorizo oil.

Scatter a little lemon zest and squeeze over the lemon juice between the bowls to taste. Serve immediately with crusty bread.