

INGREDIENTS:

4 large brill (or plaice or sole) fillets

50g butter

4 large courgettes

Sea salt

Black pepper

Olive oil

Juice of two lemons

700g potatoes

1 tablespoon each fresh
grated Parmesan and
chopped chives

TIME: 90 mins

SERVING: 4 people



For the fish, heat half the butter in a pan until sizzling, season two of the fillets and fry over a moderate heat, skin side up for two minutes. Carefully turn over and, keeping the heat moderate, fry for another minute. Squeeze the juice of half a lemon over the fish and continue to cook for another minute, basting the fish with the cooking juices. Remove, drain and keep warm until required. Repeat with the other two fillets. For the courgettes, cut into strips the thickness of a pound coin, place in a large bowl, add several glugs of olive oil, turn well to coat then season very generously with salt and pepper. Heat a griddle pan until smoking then grill the strips for a minute each side, transfer to a serving dish and squeeze the juice of one lemon over them while still hot. For the potatoes, peel, dice and sauté in olive oil, drain on kitchen paper, transfer to a large bowl, add a couple of pinches of salt, the chives and the Parmesan, toss well to coat and transfer to a warmed serving dish.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: