

BAKED PLAICE WITH CRAYFISH & HERB BUTTER

SERVES 2

INGREDIENTS

2 whole 500–600g plaice, gutted

Olive oil

60g crayfish tails, roughly chopped

1 bunch parsley, roughly chopped

1 bunch dill, roughly chopped

1 bunch chives, roughly chopped

150g butter

1 lemon, zested and juiced



- Preheat the oven to 180°C/350°F.
- Put the plaice onto a baking tray, then drizzle with olive oil, sprinkle with sea salt and bake for 10–15 minutes, until cooked through.
- While the fish is cooking, prepare the crayfish and herb butter. Add the crayfish tails, parsley, dill and chives to the butter, then throw in the lemon zest and half the lemon juice. Mix well so all the ingredients are combined.
- Remove the plaice from the oven and place a generous portion of crayfish and herb butter on top.
- Put the fish back into the oven for 1 minute or until all the butter has melted, then serve.