

BAKED POUTING IN A CURRIED MUSSEL BROTH

SERVES 2

INGREDIENTS

Half butternut squash, diced

Half sweet potato, diced

Olive oil

10 mussels

2 250g pouting fillets

1 onion, diced

1 red pepper, diced

Butter

1 garlic clove, chopped

Pinch saffron

Pinch curry powder

300ml fish stock



Splash white wine

Glass double cream

2 sprigs coriander

- Preheat your oven to 180°C/350°F. Spread out the diced butternut squash and sweet potato on a roasting tray, then drizzle generously with olive oil and season to taste. Roast for around 10 minutes, until soft.
- Wash the mussels in cold water and discard any that do not close when tapped.
- Place the pouting fillets onto another roasting tray, then drizzle with olive oil and season. Roast for 5–10 minutes, until cooked through.
- Sweat the onion and red pepper in a pan with a knob of butter and a splash of olive oil till soft. Then add the garlic, saffron and curry powder, and cook for around 1 minute. Put the mussels in the pan and fry for another minute before adding the fish stock and white wine.
- When the liquid has reduced by half, pour in the double cream and place a lid on the pan. Steam the mussels for 2–3 minutes until open. Discard any that stay closed.
- Once the mussels are cooked, add the roasted butternut squash and sweet potatoes to the broth, and warm it through. Spoon the curried mussel broth into 2 bowls and place a roasted pouting fillet on top of each. Garnish with a sprig of coriander and serve immediately.