

ROAST POLLOCK IN A SHELLFISH STEW

SERVES 2

INGREDIENTS

8 mussels
8 clams
Butter
2 shallots, sliced
1 garlic clove, sliced
1 small glass white wine
400g tinned plum tomatoes
Handful parsley, chopped
Handful basil, chopped
Pinch saffron
1 lemon, juiced
2 200g pollock fillets
Olive oil
4 langoustines
2 king prawns



- Preheat your oven to 180°C/350°F. Wash the mussels and clams in cold water, and discard any that do not close when tapped.
- Warm a frying pan and put in a knob of butter. Cook the shallots and garlic until soft, then add the white wine, tomatoes, parsley, basil, saffron and lemon juice, and bring to the boil. Simmer gently for 5–10 minutes.
- Place the pollock fillets onto a roasting tray, then drizzle with olive oil and season. Roast for 10–15 minutes, until cooked through.
- While the fish is cooking, put all the shellfish into the pan, then cover and cook gently for around 10 minutes, until all the mussels and clams have opened, and the langoustines and prawns are cooked through. Discard any mussels or clams that remain closed, and set the stew aside in a warm place.
- Divide the shellfish stew between two large bowls and place a roasted pollock fillet on top of each. Serve immediately.