
Fried flat fish with a bean stew

Ingredients

For the bean stew

2 tbsp olive oil
200g/7oz cooking chorizo, cut into small chunks
1 tomato, peeled, seeds removed, finely chopped
2 garlic cloves, chopped
1 shallot, chopped
110g/4oz roasted peppers (from a jar), thickly sliced
350g/12oz tinned haricot beans, drained
2 sprigs rosemary, finely chopped
4 sprigs thyme, finely chopped
2 tsp sweet smoked paprika
250ml/9fl oz chicken stock
50g/1¾oz unsalted butter
5 tbsp double cream
2 tbsp roughly chopped flatleaf parsley

For the fish

2 tbsp olive oil
1 whole plaice or lemon sole, filleted and pin boned
50g/1¾oz unsalted butter

Method

Preparation time
less than 30 mins

Cooking time
10 to 30 mins

Serves
Serves 4

Fillets of plaice or lemon sole are simply fried in butter and served with a wholesome bean stew laced with chorizo.

By James Martin
From Saturday Kitchen

- 1.** Heat a large frying pan until medium-hot. Add the olive oil and the chorizo and cook for 5 minutes, or until the oil has changed colour and the chorizo is crisp around the edges.
- 2.** Add the tomato, garlic and shallot. Gently fry for a minute, then add the peppers, beans, rosemary, thyme and paprika and cook for a further 2 minutes.
- 3.** Add the stock and bring to a simmer. Cook for 4-5 minutes, or until the shallot has softened and the volume of liquid has reduced slightly. Stir in the butter, cream and parsley. Season, to taste, with plenty of black pepper.
- 4.** For the fish, heat the oil in a medium frying pan. Once hot, add the fish skin-side down in the pan and cook for 2-3 minutes on each side. Add the butter and baste the fish with it as it melts.
- 5.** To serve, place the beans in serving bowls and top with the fish.