



Fillet of North Sea Halibut with crushed peas and mint

Ingredients

Fillet of halibut 200g
50g peas
1 teaspoon chopped mint
10g butter
Pinch salt
2 rashers pancetta (or good quality streaky bacon)
Milk to braise the peas

Method

1. Simply braise the peas in a little milk and crush in the pan with the mint using the back of a wooden spoon. Set aside.
2. In a small frying pan, crisp up the two rashers of pancetta, trying to keep them as flat as possible. Once cooked through and crispy, remove the pancetta and leave the remaining oils in the pan.
3. Place the Halibut fillet, into the hot pan
4. Check the fish - once it is golden and crispy, turn the heat down to low - but have confidence to let it become good and crispy before reducing the heat.
5. Take the fish pan off the heat and flip the fillets over so they gently finish cooking on the other side.
6. Finally, to serve, plate up the minted peas and then add the fish followed by the crispy pancetta slices.

Dan x