



Molloy's
Fish Market
— Est 1968 —

Pan Fried Plaice with Minted Pea Puree

SERVES 2

INGREDIENTS

- 4 medium Plaice fish fillets from Molloy's Fish Market
- 200g frozen peas
- Handful fresh mint leaves – roughly chopped
- 1 teaspoon butter
- 2 tablespoons flour
- Salt and pepper

HOW TO:

- To make the pea puree, cook the peas according to the instructions on the pack
- Place in a blender with the mint, butter and a little salt and pepper
- Blend quickly until desired consistency. If the mixture is too thick add a little milk or cream. Set aside and keep warm
- Dust the fish fillets with a little seasoned flour, and shake off any excess
- Heat the oil in a pan and add fish. Turn once during cooking
- Cook in the pan or in the oven until golden brown
- Remove fish from the pan and place on top of the peas

