



Molloy's Fish Market

— Est 1968 —

Plaice Fillets with Sun Dried Tomato Dressing

SERVES 4

INGREDIENTS

- 4 Plaice fillets from Molloy's Fish Market
- A little flour
- Salt and pepper
- Little oil for cooking

DRESSING

- 2 teaspoons finely chopped semi sun dried tomatoes
- 6 – 8 fresh basil leaves
- 1 tablespoon red wine or balsamic vinegar
- 3 tablespoons olive oil
- 1 clove garlic
- Salt and pepper

HOW TO:

- Dust the fish with seasoned flour and tap off any excess
- Heat a little oil in a frying pan
- Gently place the fish into the pan and cook over a medium heat, turning once, until golden on each side
- As the fish is cooking, blend the dressing ingredients together in a small liquidiser until smooth, taste and correct seasoning if necessary
- Remove fish from the pan and serve drizzled with the dressing

