

Cod, chorizo, butter bean & spinach

Serves 2

Ingredients

2 thick fillets of Cod, or Haddock, Sea bass, Pollock
400g tin butter beans
2 tbsp olive oil
½ chicken stock cube
1 lemon
75g fresh spinach
1 red onion
2 tbsp best olive oil
75g diced chorizo

Method

Finely chop the onion. Heat the olive oil in a wide bottom pan. Add the onion and sauté until it begins to soften. Add the chorizo and stir for 5 minutes. Tip the beans into a colander and rinse under the cold tap. Add to the pan along with the stock cube dissolved in 250ml boiling water, simmer for 15 minutes. Heat the oven to 200c/ gas mark 6. Use 1 tbsp olive oil to smear over the cod and lay on an oven tray skin side up. Add a generous squeeze of lemon. Roast for 15 minutes or until just cooked through. (If you are using other fish, reduce the cooking time by a few minutes). Fold the spinach into the bean mix until wilted, and season to taste, divide onto two plates. Peel the skin off the fish, and lay on top of the bean mix. Serve with a swirl of best olive oil and lemon wedges.