

Black Bream with Basil & Peas Bonne Femme



Serves 3 Prep 20 mins Cooking 25 mins Easy

Ingredients

For the fish

3 black bream fillets, skin on, about 175g each
sea salt & freshly ground black pepper
handful basil leaves
olive oil, to drizzle

Peas 'Bonne Femme'

olive oil, for cooking
125g unsmoked bacon lardons
75g pearl onions or shallots, peeled
a few thyme sprigs, leaves only
300g fresh or frozen peas (thawed if frozen)

1. Check the fish for small bones, removing any that you find with tweezers. Score the skin at 1cm intervals. Season with salt and pepper and place a few basil leaves on the flesh side. Place each bream fillet on a large piece of cling film and drizzle with olive oil. Wrap up to enclose the fillets in the cling film, twisting the ends tightly to seal. If you are not comfortable with the idea of cooking in cling film, steaming achieves a comparable result.
2. For the peas, heat a little olive oil in a frying pan and fry the lardons for 8-10 mins until golden brown and crisp/ Remove and drain on kitchen paper. Add the onions and thyme to the pan and cook on a medium heat, stirring occasionally, for 10 mins until the onions are tender.
3. Meanwhile, bring a large pan of water to the boil, then reduce the heat to a low simmer. Add the wrapped bream fillets & gently poach for about 10 mins until the fish is opaque & cooked through. If the centre is not done, poach for 2-3 mins more.
4. Add the peas & bacon and cook for 2-3 mins until the peas are tender. Season.
5. Divide the peas 'bonne femme' among the plates. Unwrap the bream fillets and place on top of the vegetables, skin side up. Drizzle with a little olive oil. Serve immediately.