

# Fish Fillets with Bananas



**Serves 4    Prep 10 mins**

**Cooking 40 mins**

**Easy**

## **Ingredients**

600g cod, deboned, cut into strips  
salt & pepper  
lemon juice to taste  
3x lots of butter: 50g+25g+30g  
1 tsp paprika  
1 small shallot, finely chopped  
1 tbsp curry powder  
25g flour  
300ml milk  
2 tbsp grated cheese

1. Preheat the oven to 200C/ Fan 180C/gas 6. Rub the fish with salt and lemon juice and fry quickly in the butter. Place in an ovenproof dish.
2. Put some more butter into the pan and fry the slices of bananas over a high heat with the paprika. Add to the fish.
3. Add some more butter to the pan and fry the shallots with the curry powder. Add the flour and let it take on some colour. Add the milk and stir until it has bound together as a sauce. Add the grated cheese and stir.
4. Pour the sauce over the fish fillets & place the dish in the oven until it is golden brown on top.
5. Serve immediately with rice.