

Plaice with Warm Tartare Butter Sauce



Serves 2

Prep 30 mins

Cooking 15 mins

Easy

Ingredients

For the fish

2 large or 4 smaller fillets plaice
3 tbsp plain flour, well seasoned
butter & olive oil for frying
200g spinach

Tartare butter sauce

40g butter
2 shallots, finely chopped
50ml white wine
50ml chicken stock
1 tbsp cornichons, finely diced
a handful parsley, chopped

1. To make the tartare sauce, heat half the butter in a small pan and cook the shallots until softened.
2. Add the wine and stock, and boil until reduced by half. Stir in the cornichons, capers and the rest of the butter, and take off the heat.
3. Dust the plaice in the seasoned flour and shake off any excess.
4. Heat a knob of butter and a splash of oil in a non-stick frying pan and fry the plaice on a medium heat for 3 minutes or until really golden, then flip and cook for 1 minute.
5. Wilt the spinach with another knob of butter and some seasoning in a small pan.
6. Reheat the sauce then stir in the parsley. Divide the spinach between plates, top with the plaice and spoon over the sauce.