

Lemon Alaska Pollock with Burnt Chard



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

4 x 5 oz Alaska pollock fillets

Sea salt flakes

Freshly ground black pepper

1 stick butter

1 tbsp olive oil

2 lemons, zest and juice

1 small bunch of dill, roughly chopped

2 garlic cloves, finely sliced

1 large green chili, deseeded and finely chopped

3 tbsp extra virgin olive oil, to serve

A small handful of dill sprigs, to serve

Burnt chard

4 rainbow chard stems, stalks and leaves separated and left whole

3 tbsp olive oil

A small handful of flat-leaf parsley and dill, coarsely chopped

4 spring onions, thinly sliced

Olive oil, for drizzling

Juice of ½ a lemon

Sea salt flakes

Cracked black pepper

Description:

Preheat the oven to 375°F.

Line a baking tray with greaseproof paper.

Pat the fish dry, season with a little salt and pepper and place on the prepared baking tray.

To make the dill butter place the butter, olive oil, lemon zest and juice, dill, garlic and chili into a small saucepan and heat gently until the butter has melted. Drizzle the dill sauce over the top of the fish. Place in the preheated oven and cook for around 7 - 8 minutes until cooked through.

For the burnt chard, heat a griddle pan to a high heat. In a bowl, drizzle the chard stems and leaves with half the oil and toss to coat well. Griddle the stems and leaves separately, turning occasionally, until charred (4-5 minutes for stems, 2-3 minutes for leaves). When cool enough to handle, thinly slice the stems and coarsely chop the leaves and transfer to a bowl. Add the herbs and spring

onion, drizzle with a little olive oil and lemon juice, season with some sea salt and cracked black pepper and toss to combine.

Heat the remaining olive oil in a small frying pan and fry the dill sprigs.

Garnish with the dill sprigs and burnt chard and serve immediately.

Recipe credit: Rachel Green

Photo credit: Steve Lee