





## Pollock with Chorizo, Butterbeans & Goat's Cheese

## **Serves 4**

## **Ingredients**

4 x 140g/50z pollock fillets, bones removed 25g/10z plain flour, for dusting 1 tbsp vegetable oil, for frying 1 x 400g/14oz can butterbeans, rinsed and drained ½ Spanish cooking chorizo, cut into strips 200ml/7fl oz chicken stock 500g/1lb 20z baby spinach 100g/3½0z goats' cheese 2 tsp unsalted butter crusty bread, such as bloomer or French baguette, to serve

## **Method**

Dredge the fish fillets in the flour, shaking off any excess.

Heat a non-stick frying pan until hot, add the vegetable oil and fry the fish fillets for 3-4 minutes, or until golden-brown. Carefully flip the fish over and fry for a further 1-2 minutes, or until golden-brown all over and just cooked through (the fish should be opaque all the way through).

Add the butterbeans and chorizo to the pan, add the stock and cook for 1-2 minutes to heat through.

Add the spinach, goats' cheese and butter to the pan and cook until the cheese is melted.

To serve, place a fish fillet each into four shallow serving bowls and spoon the butterbeans, chorizo, spinach and goats' cheese mixture around. Serve with some crusty bread.

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