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Baked Plaice with Red Pepper Pesto and Griddled Green Vegetables

Ingredients

2 red peppers
Olive oil
Salt and black pepper
2 tablespoons of pine nuts
A clove of garlic
A handful of basil leaves
2 heaped tablespoons of Parmesan cheese
A tablespoon of water
2 plaice fillets
Butter
100g asparagus tips
1 courgette

Servings
2
Person

Preparation

1. Preheat the oven to 200 degrees or 180 degrees fan oven. To make the pesto, deseed the peppers and cut into large pieces. Place on a small oven tray, drizzle with olive oil, sprinkle with salt and then roast for about 25 minutes.
2. Allow the peppers to cool slightly, peel, chop and place in a blender. Leave the oven at the same temperature for the fish.
3. Toast the pine nuts in a small dry pan for a minute or two, being careful not to allow them to burn.
4. Peel and crush the garlic and add to the peppers, along with the basil leaves, Parmesan and pine nuts. Blend with a tablespoon of water then continue to blend, gradually adding olive oil as you do so, to make a thick smooth pesto. Season to taste.
5. Lightly brush an oven tray with olive oil and warm in the oven. Place the plaice fillets on the tray, spray or lightly drizzle with olive oil and dot with butter. Season with salt and black pepper and bake for 8-10 minutes, or until cooked through.
6. Meanwhile, steam the asparagus tips for 2-3 minutes and allow to cool slightly then cut the courgette into slices diagonally. Griddle both in a hot griddle pan, brushed with olive oil, for about 3 minutes, turning once.
7. Serve the plaice hot from the oven, with a portion of vegetables and a generous spoonful of warm red pepper pesto.

Cooks Note

Succulent fillets of plaice, simply baked with olive oil and butter, served with sweet roasted red pepper pesto and chargrilled asparagus and courgette.