

Pan Fried Red Mullet with Baby Spinach Salad and Crushed Caesar New Potatoes

Ingredients:

4 x Large red mullet fillets – pin boned and de scaled
200g Baby spinach
500g New potatoes – cooked
1 Bottle Caesar dressing
100 MI Mellow Yellow rapeseed oil
1 Bunch of spring onions – finely sliced
Plain flour
Maldon sea salt
Ground white pepper
50g Unsalted butter – room temperature
½ Lemon

Method:

- Season the mullet fillets and lightly flour the skin side. Then brush with fillets with the soft butter.
- Heat a non stick frying pan to medium heat and add a little of the rapeseed oil.
- Put the red mullet fillets in the frying pan skin side down and press down gently with the back of your hand or a fish spatula.
- Put the new potatoes back into hot water for 2 minutes and then drain into a colander.
- Put the drained new potatoes into a medium sized sauce pan and crush the potatoes with a fork.
- Add 4 tablespoons of Caesar dressing and the sliced spring onions to the crushed potatoes. Mix thoroughly.
- In a small bowl, dress the baby spinach leaves with some of the rapeseed oil.
- When the red mullet is cooked, season with a little lemon juice and Maldon sea salt.
- Remove the red mullet from the frying pan onto a tray.

To Serve:

- Put a medium size ring in the middle of the serving bowl, then spoon in the crushed new potatoes.
- Remove the ring and place the dressed baby spinach leaves on top.
- Gently place the pan fried red mullet fillet on top and drizzle some of the remaining rapeseed oil around the bowl.