

# BAKED WHITE FISH WITH WILTED LETTUCE, LEEK & ARTICHOKE GRATIN

You don't have to serve this recipe with fish, this is really a recipe about using up old lettuce, and the gratin makes a lovely bed for fish, chicken, jack fruit, or marinated tofu. This sort of recipe works for any more solid leafy greens that have a bit more "back bone" or structure to them, like iceberg lettuce, romain lettuce, chicory, pak choi or chard. Very young or soft salad leaves (the kind you tend to get in bags of mixed leaf salad) won't hold up to a trip through the oven, so avoid using them.

## INGREDIENTS

### SERVES 2

#### For the fish / protein

- 2 fillets of skinless solid white fish (hake, plaice, etc), sustainably sourced
- Salt and black pepper
- olive oil (or any oil)

#### For the gratin

- 1 large or 2 small romaine lettuce, cut into 2cm slices (or the same volume of any "tougher" leafy green or salad)
- 1 small leek, thickly sliced
- Olive oil
- Salt and black pepper
- 100g frozen or fresh peas
- 50g of marinated artichoke hearts, roughly chopped
- A small handful of parsley, finely chopped
- A large handful of breadcrumbs
- Zest of 1 lemon
- 30g pecorino, parmesan or any hard cheese (you could also use nutritional yeast flakes to keep this recipe vegan)



## METHOD

1. Preheat the oven to 180C/350F/gas mark 5.
2. Season the fish well with salt and black pepper and drizzle with oil.
3. Place the chopped lettuce and leek in a small roasting dish, and sprinkle over the peas (straight from the freezer, no need to defrost or cook beforehand).
4. Drizzle the lettuce and leek mix with olive oil, season, then bake for 20 minutes, until the leek has softened and the lettuce has wilted.
5. At the same time put the fish in the oven, wrapped in a little tin foil or baking paper (just to keep it moist). The fish should also take about 20 mins.
6. Mix the breadcrumbs, lemon zest, grated pecorino and parsley together.
7. After 20 mins, remove the lettuce mix from the oven and give a quick gentle stir, just to release any small pockets of moisture so the gratin isn't too wet. Sprinkle over the entire surface; the chopped artichokes, a small amount of oil from the artichoke jar, and the breadcrumb mix.
8. Flip the oven to grill and cook for another 2 minutes, until golden on top.
9. Plate the gratin and rest the hake on top. Add extra parsley if you're showing off. If it's Tuesday night don't bother.

