

BAKED FISH SERVED WITH A WARM CREAMY SAUCE



Serving: 4

Cooking Time: Not Specified

Prep Time: 50 min

INGREDIENTS

- Ingredients for potatoes

- 4 large potatoes
- 45ml (3 tbsp) olive oil
- Salt and freshly ground black pepper, to taste
- Ingredients for dill sauce
- 1 shallot, finely chopped
- Ingredients for fish
- 60ml (¼ cup) dry white wine
- Juice of 1 lemon
- 60ml (¼ cup) fresh dill, finely chopped
- 10ml (2 tsp) Dijon mustard
- 125ml (½ cup) fresh cream
- 45ml (3 tbsp) butter, cubed
- Salt and freshly ground black pepper, to taste
- 800g yellow tail, cleaned
- 30ml (2 tbsp) olive oil
- 2 lemons, sliced

INSTRUCTIONS

1. Cook the potatoes in plenty of salted boiling water then remove drain and quarter.
2. Preheat the oven to 180°C.
3. Place the potato quarters on a baking tray and drizzle with the oil and season. Bake the potatoes until golden and crisp. It takes about 15 minutes.
4. To make the sauce, combine the shallot, garlic, wine and lemon and bring to a boil. Stir in the dill and cook for a minute. Whisk in the mustard and cream and continue to cook for a further minute.
5. Whisk in the butter a cube at a time until all of the butter is incorporated. Season.

6. Place the fish in a piece of foil and season well. Top with the lemon slices and cover with foil. Bake for 20 minutes.
7. Serve the fish with the potatoes topped with the warm dill sauce.