

ROAST COD WITH CURRIED CAULIFLOWER PUREE

Serves 4

- 25g unsalted butter
- Half an onion, finely sliced
- Salt
- 1 tsp mild curry powder
- 150g cauliflower, chopped
- 100ml double cream
- 4 x 150g portions cod fillet
- Olive oil
- 200g spinach, leaves picked

For the dressing

- Half an onion, finely chopped
- Splash of vegetable oil
- 1 tbsp golden raisins
- Seeds from half a pomegranate
- 2 tsp superfine capers
- 50ml apple juice
- Zest and juice of half a lime
- 1 tsp coriander, chopped
- Pinch of salt and caster sugar

1 Start with the dressing. Fry the onion in a splash of vegetable oil for 5 minutes. Transfer to a bowl, add the raisins, pomegranate seeds, capers, apple juice, lime zest and juice and the coriander. Season with a small pinch of salt and sugar and leave to macerate for at least 2 hours.

2 Melt the butter over a medium heat in a heavy-based saucepan. Add the onion, a generous pinch of salt and sweat for 5 minutes or until the onion is soft and translucent. Add the curry powder, mix well and sweat for a further 5 minutes. Add the cauliflower and sweat for a few minutes, then add the cream. Bring to the boil, turn the heat right down, cover and cook gently for 20 minutes. Blend to a smooth puree.

3 Preheat the oven to 160C/ Gas 3. Place a nonstick frying pan over a high heat. Season the cod with salt. Add a splash of oil to the pan and place the seasoned side of the cod into the oil. Fry hard until golden brown, then turn over and transfer to a baking dish. Put in the oven for 2-3 minutes until just cooked.

4 Wilt the spinach in a splash of oil in a large pan. Warm the puree and serve with the cod, spinach and dressing.

