

## *Sussex Plaice stuffed with Prawns*

Plaice are fantastic this time of year (Summer/Autumn) have a go at this tasty and simple recipe.

Serves 4

### Ingredients

- 1.2 - 1.5 kg Plaice or 4 x 200g Ask us to trim & pocket the top (Reference this recipe)
- 2 medium onions, peeled and finely sliced
- sea salt & cayenne pepper
- freshly ground black pepper
- 3 tablespoons olive oil
- 2 cloves garlic, peeled and finely grated
- 1 large lemon
- 250 g raw prawns
- 1 splash white wine
- 1 small bunch fresh flat-leaf parsley

### Method

Preheat your oven to 200°C/400°F/gas 6. Get a roasting tray that fits your fish and sprinkle your finely sliced onions around the base of the tray. Season both sides of your fish with salt and pepper and lay it on top of the onions. Try to get the onions under the fish so they sweeten as they cook.

Add a pinch of salt and pepper, the grated garlic and a pinch of cayenne to the olive oil, then grate over the zest of half your lemon. Toss the peeled prawns through this mixture until nicely coated, then stuff them loosely inside the fish, pouring over any flavoured oil left behind in the bowl.

Before putting it into the oven drizzle over some olive oil and a splash of white wine, then halve your lemon and add both halves to the tray. Adjust the cooking time depending on the size of your fish: a large fish will want 26 minutes, 4 small fish about 13 minutes. You'll know it's cooked when the flesh flakes away from the bone.

Finely chop your parsley leaves and sprinkle them over the fish once it's out of the oven. Squeeze over the juices from your roasted lemon halves, and serve. Serve the fish with buttered new potatoes or creamy mash with a simple salad or steamed greens