

Mild Thai Plaice

Serves 4

455g (1lb) plaice or witch fillets, fresh or defrosted, skinned and cut into strips

30g (1oz) wholemeal flour

15g (1/2oz) butter or margarine

1.25cm (1/2") piece root ginger, peeled and finely chopped grated rind and juice of 1/2 lemon

salt and pepper

fresh chopped parsley, to garnish

