

Mustard Glazed Plaice Fillets

- 2 x 170g (6oz) lemon sole or plaice fillets
- salt and pepper
- large knob of butter or margarine
- 1-2 x 5ml spoon (1-2 teaspoons) wholegrain mustard
- 1 x 5ml spoon (1 teaspoon) brown sugar lemon juice



Preheat the grill

- 1 Lay the fish fillets skin side down onto a greased grill pan, season, dot with butter or margarine and spread with the mustard.
- 2 Sprinkle over the sugar and lemon juice.
- 3 Cook under a medium grill for 5-6 minutes without turning.
- 4 Serve with saute potatoes, vegetables and sweetcorn.