

Plaice in Mushroom and White Wine Sauce

Serves 4

4 x 170g (60z) plaice or lemon sole fillets,
fresh or defrosted, skinned
1 x 270g jar mushroom and white wine sauce
1 x sml spoon (1 teaspoon) turmeric
fresh chopped parsley, to garnish



1. Pour the sauce into a large pan and add the turmeric.
2. Heat for 2-3 minutes until piping hot.
3. Meanwhile, place the fillets onto a chopping board skinned side up and roll up.
4. Add the fish to the pan, cover and simmer for 8-10 minutes, or until the fish is cooked.
5. Garnish with the parsley and serve with a selection of vegetables.

Tips: For an extra special treat stir in 2 x 15ml spoon (2 tablespoons) of single cream five minutes before serving.