Make a Meal of the Markets!
Quick! Affordable! Local! Healthy!

Freshly Steamed Fish with Sauteed Greens

Time to prepare: 15 minutes
Serves: Four people
Cost: £4.60 (depending on which fish you use)

Ingredients
4 pieces of thinly sliced fresh sustainable white fish such as pollock, coley or cod cheeks (4 – 5 per person)
Half a large savoy cabbage washed
4 rashers of lean unsmoked bacon
1 medium onion
1 chicken stock cube
Salt and pepper

1. Finely slice the onion and cabbage and cut the bacon into thin strips.
2. Dissolve the chicken stock cube in a small quantity of boiling hot water and set aside.
3. Fry the onion and bacon in a hot pan for 2 – 3 minutes until crispy, add the cabbage with a pinch of salt and pepper and the chicken stock, then continue to fry for 5 minutes.
4. Sprinkle the fish with salt and pepper on both sides and place in a steamer on the hob for 5 – 6 minutes.
5. When all the food is cooked serve immediately and enjoy!