

Cod boulangère with spinach and anchovies

Chilling— 1 hour

Preparation — 15 minutes

Cooking — 25 minutes

Serves — 2

Ingredients

200g skinned fillet of cod

Maldon sea salt

100g young leaf spinach

4 anchovy fillets in olive oil

1 potato

100ml olive oil

Method

- Place the fish on a plate and dust both sides with salt. Cover with clingfilm and chill for at least 30 minutes, an hour is better.
- Heat the oven to 220°C (200°C fan).
- Boil water in a kettle. Place the spinach in a bowl and cover with boiling water. Leave for 10 seconds, drain in the colander and splash with cold water to cool. Drain against the colander.
- Peel the potatoes. Use a mandoline or food processor attachment to slice the potato as if making crisps. Do not rinse.
- Rinse the fish and pat dry.
- Line a small roasting tin with foil — shiny side up — add a splash of olive oil to the middle of the foil and swipe the fish through it on both sides. Place skinned side down. Squeeze the spinach and spread over the fish. Tear the anchovies into a few pieces and place on top. Quickly cover with potatoes, two or three layers deep — the starch will make them stick together. Season lightly with salt and smear with olive oil.
- Roast for 25 minutes until the top layer of potato is crusty and the rest is tender to the point of a knife.