

Haddock & Prawn Feast

A good one-pot dish, this is simple to make. It's lovely served in individual bowls, simply garnished with green leaves, and it can be eaten just with a fork, so it's ideal for a party.

Serves 4

A knob of butter
1 tbsp sunflower oil
2 onions, chopped
2 celery sticks, finely sliced
1 garlic clove, crushed
150g chestnut mushrooms, thickly sliced
225g (8oz) long-grain rice
200ml (7fl oz) white wine
600ml (1 pint) hot vegetable stock
4 x 125g haddock fillets
150g baby spinach leaves
Juice of 1 small lemon
2 tbsp chopped dill
2 tbsp chopped parsley
100ml pouring double cream
100g of Gourmet Prawns
Salt and freshly ground black pepper

1. You will need a deep flameproof and ovenproof casserole dish with a lid, that is wide enough for the haddock pieces to sit side by side. Preheat the oven to 180°C / 160°C fan / Gas 4.
2. Heat the butter and oil in the casserole dish. Add the onions and celery and fry for about 10 minutes over a medium heat. Then add the garlic and mushrooms and fry for 2 minutes. Add the rice and stir to coat it in the vegetable juices, then fry for a couple more minutes. Pour over the wine and hot stock, then season and bring to the boil. Do not stir the rice.
3. Transfer the dish, uncovered, to the oven and cook for about 15 minutes. Season the pieces of fish and sit them on top of the rice – do not overlap the fillets. Bake for another 8-10 minutes until the fish is just done, then transfer the fish to a warm plate.
4. Add the spinach to the casserole dish and place it on the hob. Cover with a lid and cook for a few minutes until the spinach has just wilted. Remove the lid and stir, then add the lemon juice, herbs and cream. Stir again and check the seasoning.
5. Warm the prawns in a saucepan until the butter has melted. Return the haddock to the pan, spoon the prawn over the haddock and serve piping hot.