

# **POACHED FISH**

## **Ingredients**

6oz approx salmon or cod fillet (or other favourite fish)

1 dessert spoon of butter

Salt and pepper

¼ lemon

## **Method**

Place fish in a frying pan and season with salt and pepper.

Boil a full kettle and, when water is boiling, carefully pour into the pan until the fish is just covered.

Turn on the stove and bring the pan to a gentle simmer. Simmer on lowest setting for about 6 minutes.

Turn off the stove and leave the fish to finish cooking for another 6 minutes.

Remove the fish with a slotted fish slice or spoon and drain on a piece of kitchen paper or a clean tea towel.

Place fish on plate and smear with the butter. Squeeze lemon juice over the fish, if desired.

Serve with cooked vegetables (broccoli, peas, carrots) and potatoes.