



Brill with clams, white wine, shallots & garlic

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 3-4

- 300g fresh baby spinach
- 2 cloves garlic, crushed
- 1 large shallot, finely chopped
- handful of fresh thyme, stalks removed and finely chopped
- handful of fresh parsley, finely chopped
- 4 brill fillets (1 whole brill - ask your fishmonger)
- a couple of handfuls of fresh live clams
- juice of 1/4 lemon
- plain flour, for dusting
- olive oil, for frying
- 1 glass medium dry white wine

Instructions

If your pan isn't big enough for all fillets, fry in 2 batches

1. Dust brill fillets lightly with flour and season well
2. Add a little olive oil to a saucepan and heat to low-medium
3. Add shallots, garlic and thyme to the saucepan and fry gently until soft.
4. When soft, turn the heat up to full and add the wine, lemon juice and parsley. In the meantime, heat olive oil in a large frying pan to a medium high heat. Add the clams to the saucepan and cover.
5. Add fillets skin side down and press down lightly with your hands for a few seconds to keep the fish flat and prevent curling. After 2 minutes, turn the fish and reduce heat. Turn the heat off on the clams

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6. Cook for a further minute and remove from the heat to rest.
 7. Cook spinach until just wilted in the pan used for the fish.
 8. Serve with the spinach on the bottom, spoon over the clams and sauce and top with the fish. Enjoy!