Baked Fish with Mashed Potato and Greens

Green capsicum, black olives and tomato bake with the fish. Keep a hollow in the mash for the garlicky pan juices.



SERVES 2 / SMALL BAKING DISH

Prep 15 min · Cook 20–25 min

Ingredients

2 white fish fillets, about 150 g each and 2–3 cm thick

350 g floury potatoes, peeled and diced

15 g butter and 30 ml warm milk

½ small onion and ½ green capsicum (about 75 g), thinly sliced

2 small garlic cloves, finely chopped

1 ripe tomato, diced, and 4 pitted black olives, sliced

½ tsp dried mixed herbs and 2 tsp chopped parsley

60 ml dry white wine and 15 ml olive oil

150 g silverbeet, salt and black pepper

In the kitchen

1. Start the mash

Boil the potatoes until a knife slips through. Drain, steam dry briefly, then mash with the butter and milk.

2. Bake the fish

Put the fish over the garlic and onion. Add the herbs, tomato, capsicum, olives and wine. Bake until the centre reaches 63°C.

3. Wilt and serve

Cook the silverbeet stems first, then add the leaves. Spoon the fish juices over the mash and scatter over the parsley.

KOOK'S SECRET

Slice the capsicum as thinly as you can. The fish only needs a short time in the oven, and thin strips will soften in the same time.

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The full method

01 **Start the potatoes**
Heat the oven to 200°C conventional or 180°C fan. Cover the diced potatoes with cold salted water, bring to the boil and simmer for 12–15 minutes, until tender.

02 **Build the baking dish**
Rub a little oil over a snug dish. Add half the onion and half the garlic. Set the fish on top. Season, add the dried herbs and scatter over the remaining onion, capsicum, tomato and olives. Pour the wine around the fillets and drizzle with 1 tsp oil.

03 **Bake and mash**
Put the fish in the oven, then turn it down to 180°C conventional or 160°C fan. Check at 12 minutes. Bake until the thickest part reaches 63°C and flakes apart. Meanwhile drain the potatoes, steam dry for a minute, then mash with the butter and warm milk.

04 **Wilt the silverbeet**
Separate the stems and leaves. Slice the stems thinly and roughly chop the leaves. Heat the remaining oil in a frying pan. Soften the stems for 2–3 minutes. Add the remaining garlic, then the leaves and a splash of water. Toss until wilted.

05 **Serve**
Taste the greens and mash for seasoning. Put a fillet, mash and silverbeet on each plate. Spoon over the vegetables and baking juices and finish with the parsley.

FROM MARK'S KITCHEN

Choose fillets of similar thickness. Tuck any thin tail end underneath so the whole piece cooks more evenly.