



ON A PLATE

These appealing dishes taste as good as they look, plus they're easy to make

SEARED FISH FILLETS WITH CANNELINI BEANS AND ROASTED TOMATOES

(Serves 4–6)

CHILLED

- 100g chorizo
- 30ml butter
- 6 firm white fish fillets, about 125g–150g each

FRESH

- 1 onion
- 3 garlic cloves
- 15ml fresh thyme
- zest of 1 lemon
- 200g cherry tomatoes, on the vine
- 45ml parsley
- lemon slices or wedges

STORE CUPBOARD

- 30ml olive oil
- 15ml paprika
- 5ml smoked paprika
- 2 (410g) tins cannellini beans
- 350ml chicken or vegetable stock
- 15ml balsamic vinegar
- salt and milled black pepper, to taste