

Thursday: Italian-Style Pollock

Ingredients

4 Alaskan Pollock Fillets ([5 for £2.50 from MuscleFood](#))

100g smoked lardons

200g wholegrain spaghetti

150ml white wine

1 tbsp tomato purée

5 shallots – diced

2 garlic cloves – roughly chopped

Flat leaf parsley – roughly chopped

Salt & pepper to season

Olive oil

Knob of butter

Vegetables of choice

Method

1. Pan fry the pollock fillets in a little olive oil over a medium heat for 60 seconds each side. Set aside and break up into flakes
2. Fry the lardons in a pan until golden brown, remove from pan but leave the oil. Fill a saucepan with boiling water and a little salt, add the spaghetti simmer on a medium heat for 10 minutes.
3. Fry the shallots and garlic until softened. Add the tomato purée and butter, fry until all ingredients are coated.
4. Turn up and heat and add the white wine – reduce until almost all the liquid has cooked off. Reduce the heat and add the pollock and lardons back to the pan plus most of the parsley – season to taste.
5. Drain the pasta off and add to the main pan. Stir until pasta is fully coated.
6. Serve in pasta bowls and sprinkle remaining parsley if pretentious. Serve with additional boiled/steamed vegetables if desired
7. Consume