

## ONE PAN – TWO PLATES RECIPES:

### FRESH SUMMER PASTA

1 large tomato, cored and diced  
2 garlic cloves, minced  
2½ tsp. salt  
2 tbsp. extra-virgin olive oil  
2 tsp. balsamic vinegar  
¼ tsp. red pepper flakes  
Freshly ground black pepper  
2 tbsp. unsalted butter  
3 thick slices Italian-style bread  
10 oz. fresh fettuccine  
1/3 cup thinly sliced fresh basil

In a large bowl big enough to hold the pasta later, combine the tomato, half of the garlic, ¼ tsp. of the salt, the olive oil, vinegar, red pepper flakes, and a few grinds of black pepper and toss it all together. Set aside.

In a 12-inch heavy-bottom skillet over medium heat, melt the butter. Add the bread cubes, the remaining garlic, and ¼ tsp. salt and cook until the bread cubes are browned in the hot fat, turning them as they crisp, about 5 minutes total. They will soak up all the butter in the pan like sponges. (You may need to reduce the heat if they threaten to over-brown.) Transfer the croutons to a plate. Let the pan cool slightly before carefully wiping it out with paper towels.

Fill the skillet with water up to about 1 inch from the top. Cover and bring to a boil over high heat. Add the remaining 2 tsp. salt and the fettuccine. Stir gently once or twice so the noodles don't stick. Cook, until al dente, about 3 minutes or according to the package directions. (To check, fish out a strand and bite into it. It should still be chewy, but not tough.) Scoop out about ¼ cup of the pasta cooking water and set it aside, then drain the pasta in a colander set it in the sink.

Immediately dump the pasta and 1 to 2 tbsp. of the reserved pasta water into the bowl with the tomato mixture and toss to coat the pasta thoroughly. Add the

basil and croutons and stir to incorporate them into the mix. Taste and adjust the seasoning. If it seems dry, add a little more pasta water. Now divide the pasta on two warmed plates and enjoy. (Note: Eat quickly as the croutons can get soggy and the pasta cools quickly.)

## **LINGUINE with CHICKEN, SPINACH and FETA CHEESE**

Salt and freshly ground black pepper  
10 oz. fresh linguine  
1 bag fresh baby spinach  
2 tbsp. olive oil  
1 cup crumbled Feta cheese  
1 small onion, thinly sliced into half-moons  
1/3 cup fresh lemon juice, plus more if needed  
2 boneless, skinless chicken breasts, diced  
Red pepper flakes, optional and to taste

Fill a large pasta/soup pot with water, about ½ full. Cover and bring to a boil over high heat. Add 2 tsp. salt and toss in the linguine. Gently stir occasionally to prevent sticking; cook until al dente, about 3 minutes, or according to package directions. (Note: cook a little longer if using dried pasta). When done cooking, scoop out ½ cup of the pasta water and set aside. Drain the pasta in a colander set in the sink and run just enough cold water over it to stop the cooking but leave it warm.

Reduce the heat to medium-high and add the olive oil to the hot pan along with the onion and cook until the onion softens a little, about 2 minutes. Add the diced chicken, ½ tsp. salt, and a sprinkling of pepper and sauté the chicken until it is almost cooked, about 2-3 minutes. Add a little of the reserved pasta water to clean up any brown bits on the bottom of the pan.

Add the spinach to the pan by the handful and cook, stirring and tossing until wilted. Return the drained pasta to the pan and add the feta cheese and lemon juice. Toss the mixture until the cheese has melted a little and season again with more salt and pepper, if needed. You may want to add more lemon juice or pasta water at this time, if you feel it is needed. If you like a little heat, add a pinch of the Red pepper flakes. Mound the cooked pasta onto two plates and serve.

## CREAMY YUKON GOLD POTATO GRATIN WITH HAM

½ tsp. salt

Pinch of cayenne pepper

Freshly ground black pepper

Freshly ground nutmeg

2 tbsp. unsalted butter

2 large Yukon-Gold potatoes, scrubbed, halved lengthwise, and thinly sliced cross wise.

4 oz. ham, diced

2 garlic cloves, minced

1½ cups heavy cream

4 oz. Gruyere cheese, shredded

Preheat the oven to 375-degrees. Combine the salt, cayenne, and a sprinkling of the black pepper and nutmeg in a small bowl and set aside.

In a heavy-bottom 12 inch ovenproof skillet over medium heat, melt the butter. When the butter is melted, remove from the heat and arrange one-third of the potatoes in the pan, overlapping them slightly. Sprinkle half of the seasoned salt over the top followed by half the ham and half the garlic. Arrange a second layer of potatoes the same way and top it with the remaining seasoned salt, ham and garlic. Add about half of the cream, top with the remaining potatoes, and pour in the remaining cream.

Return the gratin to medium heat and heat until the juices are bubbling, then transfer the pan to the oven. (If your oven has not preheated to the desired temperature, just simmer the pan gently on the low heat until the oven reaches the correct temperature and then place the pan in the oven.) Bake the gratin for 30 minutes, then scatter the cheese over the top and bake until the top is browned and the potatoes are tender, about 15 minutes longer. To check, pierce the potatoes with the tip of a sharp knife, there should be no resistance.

Remove from the oven and divide the gratin onto two warmed plates and enjoy!

## THYME-DUSTED PORK MEDALLIONS

10 oz. Pork Tenderloin, cut cross-wise into 1" rounds  
Salt and Freshly ground black pepper  
1 tsp. minced fresh thyme  
1 tbsp. olive oil  
1 medium rutabaga, peeled and cut into ½ inch dice  
1 shallot, chopped  
1 cup fresh orange juice  
1 ripe pear, peeled, cored and cut into ½ inch cubes  
3 tsp. unsalted butter  
1 tsp. orange zest

Season the pork medallions on both sides with salt and pepper. Sprinkle the thyme over one side of the pork and press down to help it stick. Set the pork aside on a plate.

Heat a heavy-bottom 12 inch skillet over medium-high heat and add the olive oil. When the oil shimmers, add the pork medallions to the pan, thyme-side down, and brown them, about 2 minutes. Turn with tongs and brown the second side about 2 minutes longer. Transfer the pork pieces to a plate. (They will not be fully cooked at this point.)

Add the rutabaga, shallot, and ½ tsp. salt to the hot pan and sauté the vegetables for about 2 minutes to get them hot and cooking. Add the orange juice and bring to a simmer. Cover the pan, reduce the heat to low, and simmer until the vegetables are tender, about 20 minutes. To check for tenderness, pierce the cubes of rutabaga with the tip of a sharp knife. If they aren't tender, cook another 3 minutes. Once the vegetables are tender, uncover and stir in the pear and 2 tsp. of the butter and cook another 2 minutes, covered. Arrange the pork medallions on top, re-cover, and cook until the pork is rosy, about 2-3 minutes longer.

Divide the pork medallions between two warmed plates. Taste the vegetables and season them with more salt and pepper, if desired. There should be some liquid in the pan; if there is more than ¼ cup, pour some of it off. Add the orange zest and smash the rutabaga-pear mixture with a potato masher until it looks like

lumpy mashed potatoes. Scoop the mash onto the plates alongside the pork and dot with the remaining 1 tsp. unsalted butter. Serve hot.

## **SAUTEED PORK CHOPS with SWEET POTATO, APPLE and MUSTARD SAUCE**

½ cup apple cider or juice, plus more if needed  
1 medium sweet potato, peeled and thinly sliced  
¼ tsp. ground cinnamon  
1 Braeburn, Gala, or other sweet-tart apple, cored and thinly sliced  
1 shallot, minced  
2 boneless, center-cut loin pork chops  
1 tsp. Dijon mustard  
Salt and freshly grated black pepper  
2 tbsp. olive oil  
2 tsp. minced fresh flat-leaf parsley

Combine the cider, cinnamon and ¼ tsp. salt in a cup. Set aside.

Pat the pork chops dry, sprinkle all over with salt and pepper. Heat a 12-inch skillet over medium-high heat and add the olive oil. When the oil shimmers, add the seasoned pork chops to the pan and cook until lightly browned on the first side, about 3 minutes. Turn and cook until browned on the second side, about 2 minutes longer. Transfer the pork chops to a plate.

Add the sweet potato, apple, shallot, cider mixture, and a grind or two of pepper to the hot pan. Bring it all to a simmer, cover, and reduce heat to medium-low or low – the pan juice should bubble but not too aggressively. Cook the potato mixture until a fork easily pierces the partially cooked potato but there is still some resistance, about 10 minutes.

Return the pork chops to the pan (along with any juices accumulated on the plate) and nestle them into the potato and apples. Cover and cook until the meat is cooked through (160-degrees on an instant-read thermometer) about 8 minutes longer.

Transfer the pork chops, potatoes, and apples to two warmed plates. (Place the vegetables on the bottom of the plate and the chops on top). There should be some liquid remaining in the pan to serve as a base for the sauce. Note: If the potatoes have absorbed all the liquid, add 2 to 3 tbsp. cider to the pan and heat it briefly over medium heat.) Stir the mustard into the pan juices with a fork. Taste the sauce and add more pepper if needed. Spoon the sauce over the meat and vegetables. Sprinkle with the parsley and serve.

## **ONE-PAN ROAST DEVILED CHICKEN**

2 bone-in, skin on chicken breasts  
2 parsnips cut lengthwise, then crosswise into 8 pieces.  
1 turnip, cut into 8 pieces  
1 small onion, cut into 8 pieces  
1 tsp. minced fresh rosemary  
1 tbsp. olive oil, plus more if needed  
2 tsp. Dijon or Whole grain mustard  
1/3 cup beer or chicken broth  
2 new potatoes cut into 8ths  
2 carrots cut in half lengthwise then into 8ths  
Salt & freshly ground pepper to taste  
2 tsp. minced fresh flat-leaf parsley, for garnish

Pre-heat the oven to 400-degrees. Pat the chicken dry and sprinkle all over with salt and pepper.

Place a 12-inch skillet over medium-high heat and add olive oil. When the oil shimmers, add the chicken, skin-side down, and brown it for about 4 minutes. Don't try to turn the chicken over if it's stuck to the bottom of the pan: it will release once it is sufficiently browned. Turn the chicken over with tongs, and brown the other side for about 3 minutes. Transfer the chicken to a plate. (It won't be fully cooked at this point, but the skin should be nicely browned.)

If the pan seems dry, add a little more olive oil. Add the onion, potatoes, carrots, parsnips, turnips, rosemary, ½ tsp. salt and a sprinkling of pepper to the hot pan and sauté, stirring every now and then, until the vegetables begin to soften, about

4 minutes. Spread the skin side of the chicken pieces with the mustard, and lay them on top of the vegetables, mustard side up. Transfer the pan to the oven and roast for 10 minutes. Then pour the beer and/or stock into the pan and roast everything until the vegetables are tender and browned, about 10 minutes. When the chicken pieces reach an internal temperature, as measured with an instant-read thermometer, (165-degrees) the dish is done. Divide the chicken and vegetables between two plates, sprinkle with parsley and serve.

## **FLANK STEAK with CHIMICHURRI and SUMMER SQUASH HASH**

One 12 oz. flank steak at room temperature  
1 tbsp. Montreal steak seasoning or other spice mix  
3 green onions, white and tender greens thinly sliced  
½ cup minced fresh flat-leaf parsley  
2 garlic cloves, minced  
4 tbsp. olive oil, plus more if needed  
2 tsp. red wine vinegar  
¼ tsp. red pepper flakes – optional  
Salt and freshly ground pepper, to taste  
2 new potatoes, scrubbed and cut into ¼ inch dice  
1 summer squash, quartered lengthwise and cut into ¼ inch slices  
½ cup frozen peas, thawed

Cut the steak into two portions (so it will cook faster) and rub it generously on all sides with the steak seasoning. Set aside at room temperature.

In a small bowl, combine about one-third of the green onions, all of the parsley, and half of the garlic and toss to mix. Add 2 tbsp. of the olive oil, the vinegar, the red pepper flakes (if using), a pinch of salt, and a few grinds of pepper and stir with a fork to mix well. Taste and adjust the seasoning. The sauce should be tart, but if it's too vinegary for you, add a little more salt and olive oil. Set the chimichurri sauce aside.

Heat a heavy-bottom 12 inch skillet over medium-high heat and add the remaining 2 tbsp. olive oil. When the oil shimmers, arrange the steaks in the pan and cook, undisturbed, until nicely browned on the bottom, about 4 minutes.

Turn and cook on the second side for about 3 minutes longer for medium-rare steak, or 4 minutes for medium. Note: this cut of meat is usually ½ inch thick. If your steak is thicker, it might take longer to cook.) Remove the pan from the heat, remove the steak to a plate and tent it with foil to keep warm.

Add the potatoes to the hot pan and sauté until they soften, about 3 minutes. Add the squash, the remaining green onions, and a sprinkle of salt and pepper and sauté until all of the vegetables are tender, about 4 minutes. Some of the brown bits from the steak will come up from the pan, so your vegetables may turn a little brown. It is important to keep things sizzling; you may need to add a little more oil to the pan. Stir in the remaining garlic and peas. Taste and adjust the seasoning; sauté for another minute or so to blend the flavors and warm the peas. Remove the pan from the heat, carve the steak into thin slices, divide onto two plates and top with the veggie hash. Garnish with a dollop or two of the chimichurri and serve.

## **VEAL SALTIMBOCCA with ASPARAGUS, LEMON and ISRAELI COUSCOUS**

4 veal cutlets, about 3 oz. each, pounded even thinner  
Salt and freshly ground black pepper  
4 thin slices prosciutto  
4 large fresh sage leaves  
1 tbsp. unsalted butter, plus more as needed  
1 shallot, thinly sliced  
1 bunch asparagus, about 20 slender spears, cut into ½ inch pieces  
¼ cup dry white wine  
½ cup chicken broth or more as needed  
½ cup Israeli or pearled couscous  
2 tsp. minced fresh chives  
½ lemon cut into wedges

Season the veal with salt and pepper. Lay a slice of the prosciutto on top of each cutlet and place a sage leaf in the center of the prosciutto. As if you were pinning



a hem, insert a toothpick down through the sage, prosciutto, and veal and then back up through the meat and sage to secure it.

In a heavy-bottomed 12 inch skillet over medium-high heat, melt the butter. When the butter is melted and sizzling hot, add the veal packets prosciutto-side down. Cook until golden on the bottom, about 2 minutes, then flip and saute on the second side for about 1 minute longer. Remove the pan from the heat and carefully transfer the saltimbocca to a warm plate. Pull out the toothpicks and cover with foil to keep warm.

Return the pan to medium-high heat and add the shallot and asparagus. Sprinkle with salt and pepper. Add a little more butter if the pan seems dry. Sauté the vegetables for 1 minute to heat them up, do not overcook or they will turn grey. Add the wine and scrape up any browned bits from the bottom of the pan. The wine will bubble away in about 1 minute. Add the chicken broth and couscous and bring to a boil. Cover and reduce the heat to low, and simmer until the couscous and asparagus are tender, about 5 minutes. If the meat needs more time to tenderize, add a little more stock to keep things wet. Stir in the chives, taste for seasoning, and add more salt and pepper as desired.

Arrange the saltimbocca on two warmed plates and scoop the couscous and asparagus on the side and garnish with the lemon wedges (a squeeze of lemon over the veal adds extra zing). Serve warm.

## **LAMB KORMA**

10 oz. boneless lamb sirloin or loin roast, cut into 1-inch cubes

1 tsp. garam masala

Pinch of ground cloves

Pinch of cayenne pepper

Pinch of ground cinnamon

Salt and freshly ground black pepper

1 tbsp. unsalted butter

1 small yellow onion, thinly sliced

1 tbsp. peeled and minced fresh ginger

1 garlic clove, minced

½ cup beef broth  
½ cup frozen peas, thawed  
½ cup whole-fat plain Greek yogurt  
Microwave steam-in-the-bag rice for serving  
¼ cup slivered almonds  
2 tsp. minced fresh cilantro

In medium bowl, combine the garam masala, cloves, cayenne, cinnamon, ½ tsp. salt, and a few grinds of black pepper. Add the lamb and toss to coat with the spices.

In a 12-inch heavy bottom skillet over medium-high heat, melt the butter. Add the onion and sauté until softened, about 1 minute. Add the ginger, garlic, and lamb and cook until the lamb is browned on the first side, 2 to 3 minutes. Turn the lamb to brown the opposite side, another 2 minutes or so. Add the beef broth and scrape up the browned bits on the bottom of the pan. Bring to a simmer, cover, and reduce the heat to low. Simmer the Korma until the lamb is tender and the flavors have blended, about 15 minutes. Remove the pan from the heat and stir in the peas. Let the Korma cool for a few minutes so that the yogurt doesn't curdle, then add the yogurt and stir until well blended. Taste and add more garam masala, salt, and/or pepper if you like. Spoon the cooked rice onto two warmed plates and top it with the lamb Korma. Sprinkle the tops with the almonds and cilantro and serve hot.

## **FLUFFY SPRING FRITTATA**

6 large eggs  
2 tbsp. milk or water  
Salt and freshly ground black pepper  
Pinch of freshly grated nutmeg  
Pinch of cayenne pepper  
2 tbsp. unsalted butter  
1 small yellow onion, finely diced  
3 new potatoes, scrubbed and cut into ¼ inch dice

1 red bell pepper, seeded, de-ribbed and cut into ¼ inch dice  
1 bunch asparagus, tough ends snapped off and stems cut into 1-inch pieces  
6 oz. Gruyere cheese, shredded

Preheat the broiler with the rack in the second position from the top.

In a medium bowl, whisk together the eggs, milk, ½ tsp. salt, a few grinds of pepper, the nutmeg, and the cayenne. Set aside.

In a heavy bottom, oven safe, 12 inch skillet over medium-high heat, melt the butter. When the butter is melted and sizzles, add the onion and potatoes and a sprinkle of salt and pepper. Cook stirring every now and then until the potatoes begin to soften, about 4 minutes. Add the bell pepper and asparagus and another sprinkle of salt and pepper and continue to cook and stir occasionally until the vegetables are tender and the potatoes are lightly browned, another 4 minutes or so. Taste a piece of asparagus to see if it's tender. If it's not, cook it another minute or two. Spread the vegetables evenly over the bottom of the pan and sprinkle the cheese over the top. Now pour the eggs evenly over the vegetables in the pan and reduce the heat to low. Cover the pan and cook for 2 minutes, then remove the lid and transfer the pan to the broiler. Broil the frittata until the top is lightly browned and the eggs have firmed up in the center, about 4 minutes. To test, press the center of the frittata lightly with your finger. If it feels firm, it's done.

Remove the frittata from the oven and let it rest for 3 minutes on a wire rack on the countertop to continue to firm up before cutting it into wedges. It will be puffy when it comes out of the oven but will deflate and become firmer as it cools. Serve the frittata hot or at room temperature.

## WILD MUSHROOM FRITTATA

6 large eggs  
2 tbsp. milk or water  
Salt and freshly ground black pepper  
Pinch of freshly grated nutmeg  
Pinch of cayenne pepper  
2 tbsp. unsalted butter  
3 new potatoes, scrubbed and cut into ¼ inch dice  
4 green onions, white and tender green parts thinly sliced  
10 oz. mixed wild mushrooms, brushed clean and sliced  
1 garlic clove, minced  
4 tsp. minced fresh thyme  
½ cup frozen peas, thawed  
½ cup shredded Cheddar cheese

Preheat the broiler with the rack in the second position from the top.

In a medium bowl, whisk together the eggs, milk, ½ tsp. salt, a few grinds of pepper, the nutmeg, and the cayenne.

In a heavy-bottom, oven safe skillet over medium-high heat, melt the butter. When the butter is melted and hot, add the potatoes and a sprinkle of salt and pepper. Cook the potatoes, stirring now and then, until they begin to soften, about 3 minutes. Add the green onions, mushrooms, garlic, thyme, and another sprinkle of salt and pepper and continue to cook and stir until the mushrooms have given off their liquid and are dry, about 4 minutes. Add the peas and cook until all of the veggies are tender and the peas are warmed through, another minute or two. Taste and adjust the seasoning, if needed. Spread the filling evenly over the bottom of the pan and sprinkle the cheese over the top.

Pour the eggs evenly over the vegetables in the pan and reduce the heat to low. Cover and cook for 2 minutes, then remove the lid and transfer the pan to the oven. Cook the frittata in the broiler until the top is lightly browned and the eggs have firmed up in the center, about 4 minutes. To test for doneness, press the center of the frittata lightly with your finger. If it feels firm, it is done.

Remove the frittata from the oven and place on a wire rack to cool and allow the frittata to firm up. Once firm cut into wedges and serve on the two plates.

## **CHICKEN STEW**

6 boneless, skinless chicken thighs  
Salt and freshly ground black pepper  
2 tbsp. olive oil  
1 leek, white and tender green part, washed and thinly sliced  
1 carrot peeled and thinly sliced  
1 celery stalk, thinly sliced  
½ tsp. dried thyme  
2 cloves garlic, minced  
Juice of 2 oranges, plus zest of 1 orange  
One 14 oz. can diced tomatoes with juice  
1/3 cup Kalamata and green olives, pitted and halved  
2 tbsp. minced fresh flat leaf parsley  
Microwave steam-in-the-bag rice for serving

Pat the chicken thighs dry and sprinkle all over with salt and pepper.

Heat a 12-inch heavy bottom skillet over medium-high heat and add the olive oil. When the oil shimmers, add the leek, carrot, celery, thyme and ¼ tsp salt and sauté until the vegetables soften, about 3 minutes. Add the chicken and continue to cook until the bottom of the pan has turned a rich brown, about 4 minutes longer. Add the garlic, orange juice and tomatoes with their juices and bring to a simmer, stirring to scrape up the browned bits from the bottom of the pan. Reduce the heat to low and cover the pan; simmer for 30 minutes or until the chicken is tender and shreds easily.

Using a slotted spoon or tongs, remove the chicken thighs to a large plate and let cool slightly. When cool enough to handle, cut or shred the meat into bite size pieces. Return the meat to the pot and add the olives, half of the parsley, and half of the orange zest. Taste and season the stew with more salt and pepper, if needed.

Scoop the cooked rice into two warmed shallow bowls and top with the chicken stew. Sprinkle with the remaining parsley and zest and serve warm.

## **PROSCIUTTO-WRAPPED SALMON with CORN & POBLANO SUCCATASH**

Two, six oz. salmon fillets  
Salt & freshly ground black pepper  
4 thin slices prosciutto  
2 tbsp. olive oil  
1 small onion, diced  
1 poblano chili, seeded, de-ribbed, and cut into small dice  
2 cups flash-frozen corn, thawed  
½ cup frozen lima beans, thawed  
Pinch of cayenne pepper  
1/3 cup heavy cream  
1 tbsp. julienned basil plus a few leaves for garnish

Pat the fillets dry and sprinkle lightly with salt and black pepper (not too much salt as the prosciutto will be salty). Wrap two slices of the ham around each fillet, winding it around them from top to bottom. Don't worry if it does not stick very well, it will contract and cling to the fish as it cooks. Set the wrapped fillets aside.

Heat a 12-inch skillet with lid over medium-high heat and add the olive oil. When the oil shimmers, add the salmon to the pan and cook until browned on the first side, about 2 minutes. Flip the fish over and cook the other side until browned, another minute or so. Transfer the fish to a plate.

Add the onion and poblano to the hot pan and sauté until the vegetables begin to soften, about 2 minutes. Add the corn, lima beans, cayenne, and ¼ tsp. salt. Season with black pepper and sauté until the corn is almost tender, about 1-2 minutes. Quickly pour in the cream and stir in the 1 tbsp. julienned basil. Top the vegetables with the fish fillets, cover, and reduce the heat to low.

Cook until the fish is cooked through and flakes easily with a fork when pierced, about 3 minutes. Since there is a chance some of the salt from the prosciutto seeped into the dish, taste and season with more salt, pepper, or cayenne, as you see fit.

Mound the cooked vegetables' in the center of two plates, top each with a wrapped salmon fillet and garnish with a few basil leaves. Serve hot.

## **FLASH-ROASTED TILAPIA with NEW POTATOES, PEAS & PESTO MAYONNAISE**

¼ cup pine nuts  
2 tbsp. olive oil  
¾ lb. new potatoes, scrubbed and cut lengthwise into 6 to 8 wedges  
Salt and freshly ground black pepper  
2 cloves garlic, roughly chopped  
½ cup mayonnaise  
1 tsp. fresh lemon juice  
1/3 cup minced fresh basil  
¼ cup freshly grated Parmesan cheese  
Two 6-oz. tilapia fillets  
½ cup frozen peas

Pre-heat the oven to 425-degrees.

Put the pine nuts in a heavy-bottom 12 inch oven-proof skillet over medium heat and toast, tossing the nuts constantly so they don't burn, for about 3 minutes. As soon as they are lightly browned, turn them out onto a plate to cool.

Put the skillet over medium-high heat and add the olive oil. When the oil shimmers, add the potatoes and ½ tsp. salt and season with pepper. Don't stir the potatoes for the first 3 minutes, then scrape up the browned pieces with a thin-edged spatula and flip them over and brown the other sides, about 2 minutes longer. Sprinkle in the garlic, transfer the pan to the oven, and roast the potatoes until they're almost tender, about 15 minutes.

In a bowl, stir together the mayonnaise, lemon juice, basil, and Parmesan. The sauce won't need any salt because the Parmesan is salty, however, you can add pepper if you like.

Pat the fillets dry and sprinkle all over with salt and pepper. Spread the pesto mayonnaise over the top of the fish, reserving 2 or 3 tsp. Remove the potatoes from the oven and sprinkle in the frozen peas. Top the potatoes with the fish, return the pan to the oven and bake until the fish is cooked and flakes easily with a fork and the potatoes and peas are tender, 10 to 12 minutes.

Divide the fish and potatoes between two warmed plates and sprinkle the toasted pine nuts over the top. Put a dollop of extra pesto mayonnaise on each plate for dipping. Enjoy!