

## Veggies for Fish

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This is an earthy combination of vegetables flavoured with mint that seems to be a good accompaniment to fish dishes.

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### Planning

serves:	4
prep time:	15 mins
cooking time:	10 mins

### Ingredients

25g butter  
125g garden peas  
(preferably fresh)  
125g baby leeks (large ones  
don't work)  
½ cucumber  
preferably 200g shelled  
broad beans or 200g  
asparagus tips or 2  
medium courgettes  
handful fresh mint leaves,  
roughly chopped  
salt & pepper

### Method

Trim and quarter the courgettes lengthwise then cut them into 1cm chunks. Trim the baby leeks and cut them on the diagonal into similarly sized pieces discarding the extreme ends. Peel and de-seed the ½ cucumber and cut it into 1cm dice. If you're lucky enough to have broad beans, par boil them for about 2 minutes then slip the skins off. If you have asparagus, cut the stems into approx 3cm lengths (being sure to keep the every tips whole, of course). If you're using courgettes, trim them, quarter them lengthwise and cut them into 1 cm chunks.

Now, in a sauté pan (one that has a well fitting lid), heat the butter over medium heat. Add the peas, leeks and either broad beans or asparagus. Sweat these vegetables uncovered for about 2 minutes. Now add the cucumber along with the (optional) courgettes and continue sweating for another 2 minutes. Sprinkle in the chopped mint, stir and cover the pan, lower the heat and cook very gently for another 2 minutes. Season with some salt and pepper to taste just prior to serving.