

CHEEKS & LEEKS

Time: 15 minutes

Serves: 4

Ingredients:

2 tablespoons butter
4 cloves garlic – very finely chopped or crushed
8 ounces pickerel cheeks – patted dry between paper towel
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
4 leeks – lighter coloured base sliced (tops discarded)

Preparation:

Heat a pan on medium heat then add the butter and garlic.

Sprinkle the pickerel with the salt and pepper and place in the pan, stirring occasionally for three minutes or until just beginning to brown. Remove the pickerel from the pan with a slotted spoon and set aside to keep warm.

Reduce the heat to medium-low and add the leeks to the pan, stirring occasionally for six minutes.

Plate the leeks topped by the pickerel cheeks and serve immediately.

Nutritional Information Per Serving:

Calories: 130
Fat: 7g
Carbs: 6g
Fibre: .8g
Protein: 12g