

## Fresh Fish fillets with Succotash

*To serve Four*

4 fresh fish fillets 600g  
1 egg  
Seasoned flour  
20mls olive oil  
A few sprigs picked thyme

2 fresh corn cobs  
1 x300g tin cannelloni beans  
1 red capsicum  
2 large ripe tomatoes (250g)  
2 cloves garlic (15g)  
1 small red onion (150g)  
20mls olive oil

Some freshly chopped parsley to finish.

The Succotash. (*Can be made in advance*)

Place the corn cobs onto a chopping board and holding the pointed end up cut the off the kernels, keep aside

Dice the tomato, dice the onion, garlic and capsicum.

Fry the onion garlic and capsicum in the olive oil, add the tomatoes, the corn and beans, simmer for 10 minutes and season to taste

Pass the fish fillets through the seasoned flour, dip each fillet into the egg which has been slightly beaten and cook in a pan in a little olive oil.

Place a generous spoonful of the succotash onto 4 plates and the fish fillet on top, sprinkle over the parsley.