Recipe of The Week 20th October 2010 — Fish of the Day with Roast Sweet Potato, Pak Choi and Sun Blushed Tomato Oil

Well try saying that quickly! Steven Adair from The Glasshouse off the Royal Mile has come up with a very tasty recipe for us today. Take a fish — any fish — and turn it into a tasty supper dish with Steven's help. You can see what else he cooks for his restaurant guest on The Glasshouse website.

Remember to click on Full Screen below to get the best view of the recipe. Try it out — let us know how it goes!

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