



Haddock in Garlic Chive Butter with roast potatoes and broccoli

Classic 45-50 mins • Eat me first

2



Haddock



Potatoes



Chives



Garlic



Lemon



Broccoli

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	400 g	800 g
Chives	10 g	20 g
Garlic	1 unit	2 units
Lemon	½ unit	1 unit
Broccoli	1 unit	1 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	482.5 g	100 g
Energy (kJ/kcal)	1300.1 kJ/ 310.7 kcal	269.4 kJ/ 64.4 kcal
Fat (g)	1.6 g	0.3 g
Sat. Fat (g)	0.1 g	0 g
Carbohydrate (g)	42.4 g	8.8 g
Sugars (g)	4.6 g	1 g
Protein (g)	31.8 g	6.6 g
Salt (g)	0.2 g	0 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

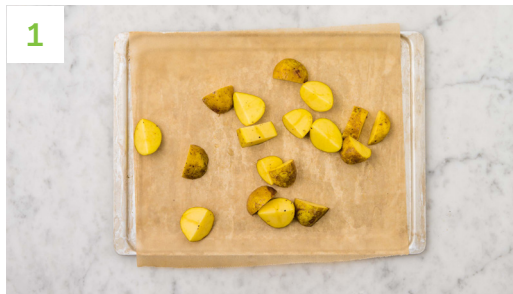
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



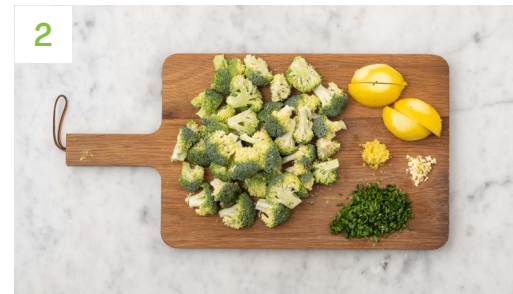
You can recycle me!



Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Do Your Prep

- Meanwhile, roughly chop the **chives** (use scissors if it's easier).
- Zest half the **lemon** (double for 4p) then cut into thick wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Chop the **broccoli** into florets (like small trees). Halve any large florets.



Cook the Broccoli

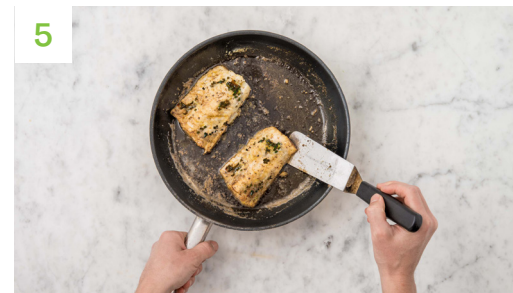
- Place the **broccoli** on another lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- When the **potatoes** have been in the oven for 15-20 mins, pop the **broccoli** onto the middle shelf.
- Roast until the edges are crispy and slightly charred, 10-15 mins.



Fry Your Fish

- Meanwhile, place a large pan on medium-high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Season **fish** with **salt** and **pepper**.
- Once **butter** is melted carefully place the **haddock** into the pan skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Cook for 3-4 mins then cook for 2-3 mins on the other side.

TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.



Baste in Butter

- Add the **chives** and **garlic** to the pan and squeeze in the juice of half the **lemon** (double for 4p).
- Continuously spoon the **butter** over the **fish** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when opaque in the middle.



Finish and Serve

- When cooked, plate up the **haddock** with the roasted **broccoli** and **potatoes** alongside.
- Spoon the melted **butter** from the pan over the **fish** and sprinkle with the **lemon** zest to finish.
- Serve the remaining **lemon** wedges alongside for squeezing over.

Enjoy!