

Braised Haddock & Potatoes In Arrabbiata Sauce



Serves 2 Prep 10 mins

Cooking 15 mins

Easy

Ingredients

1 onion, halved and sliced
300g baby new potatoes, quartered (or roughly even-sized chunks)
1 tbsp extra virgin olive oil, + extra to drizzle
240g haddock fillets
100g cherry tomatoes, halved
350g jar arrabbiata (spicy) or pasta sauce
¼ x 25g pack parsley, leaves chopped
¼ unwaxed lemon, zest

1. Put the onion & new potatoes into a microwave-safe dish, stir through 1 tbsp oil & season. Cover & microwave on full power for 6-8 mins, until the potatoes are tender. Meanwhile, pat the haddock fillets dry with kitchen paper & season.
2. Tip the onion and potatoes into a wide frying pan with a tight-fitting lid. Place over a high heat, then add the tomatoes and pasta sauce.
3. Cook's tip: Starting the potatoes and onions off in the microwave is a great time-saving method, useful for squash or aubergine, too. If you don't have a microwave, cook them gently in the frying pan with the lid on, until just tender, adding a splash of water if needed.
4. Once the sauce comes to the boil, reduce the heat to a simmer and nestle the fish fillets in. Put the lid on and cook for 5-6 mins, until the fish is cooked through, opaque and flakes easily.
5. Scatter the parsley and lemon zest over the top and serve with a drizzle more oil.