

Crumbed Haddock with Asparagus Salad



Serves 2 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

asparagus 1 bundle
1 orange, zested & segmented
olive oil
paprika, a pinch
5 tbsp panko breadcrumbs
1 tbsp grated parmesan
1 tbsp plain flour, seasoned
1 egg, beaten
300g skinless haddock fillets (look for sustainable fish)

1. Trim the asparagus ends then shave each spear lengthways into thin strips using a potato peeler (or slice them with a sharp knife). If they are quite thick, you may want to blanch them briefly. Put them in a bowl with the orange segments and zest, some olive oil and the paprika. Season and toss together.
2. Mix the breadcrumbs and parmesan on a plate and the beaten egg on another plate. Cut any thick fillets in half horizontally and dust them in flour, followed by the egg and then the breadcrumbs. Heat some olive oil in a frying pan and fry the fish on both sides for a few minutes until golden. Season with salt and serve with the salad.