

Haddock Fillets, Spring Onions, Red Pepper & Lemon Juice



Serves 2

Prep 10 mins

Cook 10 mins

Easy

Ingredients

2 haddock fillets (skin on), each about 160g
1 tbsp plain flour
50ml olive oil
2 spring onions, thinly sliced
½ roasted red pepper, from a jar, cut into 1cm dice
juice of ½ lemon
1/2 tsp soy sauce
salt and black pepper

1. Season the fish fillets with salt and pepper and then lightly dust with flour.
2. Heat 2 tablespoons of the olive oil in a large non-stick frying pan and gently fry the fish over a low-medium heat for about 2-3 minutes on each side. Transfer the fish to a plate and cover with foil to keep it warm.
3. Add the remaining oil to the pan and add the spring onions, red pepper, lemon juice and soy sauce. You can add a splash of water to loosen the sauce. Stir together until warmed through, then serve the fish immediately with the sauce spooned over the top.