

Poached Haddock with Mushroom & Butter Sauce



Serves 2

Prep 5 mins

Cooking 20 mins

Easy

Ingredients

50g butter + extra for greasing
2 skinless haddock fillets
50g mushrooms, sliced
75ml white wine
100ml vegetable stock
1½ tbsp lemon juice
50 ml double cream
6 cherry tomatoes, halved
1 tbsp chopped chives
drizzle of olive oil

1. Bake the haddock: turn the oven to 200C/ Fan 180C/ Gas 6. Butter an ovenproof dish and put the haddock fillets in one layer. Cover with the mushrooms, then pour over the wine and stock. Bake for 8 mins, or until cooked.
2. Drizzle the tomatoes with the oil and put in the oven alongside the fish.
3. Make the sauce: remove the dish from the oven and pour the juices from the fish into a pan. Cover the fish with foil to keep warm. Bring the juices to the boil and cook over a high heat for 2 mins, or until slightly reduced. Reduce the heat, add the 50g butter, the chives and the lemon juice and simmer for 1 min, then add the cream and cook for 1 min more.
4. Serve the fish with the sauce and the tomatoes on the side.