

## Seasonal Salad & Smoked Haddock Toasts



**Serves 2**   **Prep 10 mins**

**Cooking 20 mins**

**Easy**

### Ingredients

2 slices sourdough  
1 garlic clove (optional)  
1 tbsp olive oil  
1/2 tbsp white wine vinegar  
6 asparagus spears, trimmed & cut into lengths  
2 small smoked haddock fillets ( $\pm$  100g each)  
2 eggs  
2 handfuls of watercress ( $\pm$  60g) or salad leaves

### For the vinaigrette

3 tbsp olive oil  
2 tsp cider or white wine vinegar  
1/2 tsp mustard  
pinch sugar

1. Grill, toast or griddle the bread, drizzle with a little bit of the oil then rub with the garlic and set aside. Make the vinaigrette with 1 tbsp oil, 1/2 tbsp white wine vinegar and add some seasoning.
2. Bring a pan of water to the boil and cook the asparagus for 3 - 4 mins. Scoop out using a slotted spoon and add to the bowl with the dressing. Turn down to a simmer, then lower in the haddock fillets and gently poach for 3-4 mins until cooked through. Lift out and leave to drain on some kitchen paper. Pour 1/2 tbsp into the water, turn up the heat slightly, then poach the eggs in the water for 2-3 mins until just cooked, lift from the water and leave to drain with the haddock.
3. Toss the watercress (or salad leaves) through the asparagus add dressing to taste, then divide between the two pieces of toast. Nestle the haddock fillets in the salad, top each with an egg, then season with a little salt and lots of pepper. Serve the rest of the dressing on the side.