

# Steamed Smoked Haddock, Green beans, Crushed Potatoes



**Serves 4**

**Prep 5 mins**

**Cooking 25 mins**

**Easy**

## **Ingredients**

4 fillets smoked haddock fillets  
1 tbsp olive oil  
50g butter  
1 lemon  
20g parsley  
250g green beans  
500g new potatoes

## **Béchamel sauce**

2 tbsp butter  
2 tbsp flour  
600ml milk  
20g parsley

1. Boil the new potatoes until cooked. Lightly crush in a bowl with a potato masher or wooden spoon to burst them. Mix with a tablespoon of extra virgin olive oil, salt and pepper.
2. Season the smoked haddock fillet with black pepper and steam for about 4 - 5 minutes. Melt the butter over a low heat; add the lemon juice and a couple of handfuls of parsley or make the béchamel by melting the butter, adding the flour. Let it cook for a few mins over low heat, then gradually add the milk. Keep stirring until thickened and adding more milk until it reaches the required thickness (coating the back of a spoon), then add the parsley.
3. Serve the haddock with the crushed potatoes and steamed green beans. Pour over the butter, lemon and parsley sauce or the béchamel sauce. Garnish with parsley.