

Steamed Smoked Haddock



Serves 4

Prep 5 mins

Cooking 15 mins

Easy

Ingredients

4 fillets smoked haddock fillets
1 tbsp extra virgin olive oil
100g butter
1 lemon
20g parsley
250g green beans
500g new potatoes

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
3. Serve the haddock with the crushed potatoes and steamed green beans. Pour over the butter, lemon and parsley sauce. Garnish with parsley.