






More Than Food  
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## Creamy-Chivey Smoked Haddock with Crushed Potatoes & Buttery Greens

Our new chef Victoria comes from Scotland, so she's using her favourite Scottish staple: smoked haddock. Locals from the fishing town of Finnan tuck into a bowl of warm poached milk and Finnan Haddie (haddock cold-smoked over peat in Finnan) for brekkie! This dish is a gentler more fragrant version of this famous Scottish breakfast, served with some trusty crushed potato and some delicious healthy greens.

 30 mins

 gluten free



New Potatoes



Smoked Haddock



Milk



Chives



Spinach



Crème Fraîche




Lemon



Netherend Butter

## Ingredients

	2P	4P
New Potatoes, chopped	1 pack	2 packs
Smoked Haddock <b>1</b>	2 fillets	4 fillets
Milk <b>2</b>	150ml	300ml
Chives, chopped	2 tbsp	4 tbsp
Baby Spinach, chopped	6 handfuls	12 handfuls
Crème Fraîche <b>2</b>	½ pot	1 pot
Lemon	½	1
Netherend Butter <b>2</b>	1½ tbsp	3 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Fish | 2) Milk

**Nutrition per serving:** Calories: 665 kcal | Protein: 23 g | Carbs: 37 g | Fat: 27 g | Saturated Fat: 20 g



2

**1** Bring a large pot of water to the boil with ¼ tsp of salt. Chop your bigger potatoes in half and pop them in your pot of boiling water to simmer for 15 mins or until cooked. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.* **Tip:** *No need to peel your potatoes, the skins are very good for you!*



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**2** Place the haddock in a non-stick frying pan, season lightly with black pepper and add the milk. **Tip:** *Don't worry if the fish is not fully covered by the milk!* Simmer gently for 8-10 mins uncovered on a medium-low heat. In the meantime, use scissors to roughly chop your chives into ½cm pieces. Roughly chop your spinach too.



4

**3** Once the potatoes are cooked, drain them. Heat 2 tbsp of olive oil in the same pot on a medium heat and throw the potatoes back in, together with ¼ tsp of salt and a good grind of black pepper. Lightly mash the mixture with the back of a fork for about 30 seconds or until the potato looks crushed. Remove from the heat and cover to keep warm.



5

**4** In a separate frying pan, wilt your spinach by popping a glug of oil, a pinch of salt and a pinch of pepper to the pan on a medium-high heat. Add in the spinach and stir for 30 seconds. Remove from the heat and cover.

**5** The fish should now be ready (opaque but not yet flaking). Remove it from the pan using a large spatula and set aside. Add the crème fraîche to the milky pan and turn the heat up to high. Simmer for 2-3 mins uncovered, stirring occasionally. Meanwhile cut your lemon into wedges. Now add the butter to the crème fraîche mix and whisk everything together, then return the fish to the pan. Pop the chopped chives into the pan as well together with a few grinds of black pepper, and allow the mixture to bubble for 30 seconds.

**6** Place a dollop of potato on your plate, top with the creamy-chivey fish and serve with the spinach and a wedge of lemon to squeeze over the top. Enjoy!