



More Than Food
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Creamy Chivey Smoked Haddock with Crushed Potatoes and Buttery Greens

Our 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 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 delicious healthy greens.



30 mins



1 of your
5 a day



healthy



New Potatoes (1 pack)



Smoked Haddock
(2 fillets)



Milk (150ml)



Baby Spinach (1 bag)



Chives (½ bunch)



Crème Fraîche (½ pot)



Lemon (½)



Netherend Butter (30g)


2 PEOPLE INGREDIENTS

- New Potatoes
- Smoked Haddock
- Milk
- Spinach, chopped

1 pack
2
150ml
1 bag

- Chives, chopped
- Crème Fraîche
- Lemon
- Netherend Butter

½ bunch
½ pot
½
30g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Haddock is a great source of the mineral selenium, an 80g portion of cooked haddock provides almost 50 percent of the recommended daily intake.

Allergens: Milk, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	424 kcal / 1743 kJ	22 g	14 g	23 g	6 g	33 g	2 g
Per 100g	99 kcal / 405 kJ	5 g	3 g	5 g	1 g	8 g	0 g



1 Bring a large pot of water to the boil with a pinch of **salt**. Cut the bigger **potatoes** in half (no need to peel) 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.*

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

3 Once your **potatoes** are cooked, drain them. Heat a splash of **olive oil** in the same pot on medium heat and throw your **potatoes** back in, together with a pinch 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 your **potatoes** look crushed. Remove from the heat and cover to keep warm.

4 Heat a separate frying pan on medium-high heat and add a glug of **oil** and a pinch of **salt** and **pepper**. Throw in your **spinach** and stir for 30 seconds or until wilted. Remove from the heat and cover.

5 Your **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 your pan and turn the heat up to high. Simmer for 2-3 mins uncovered, stirring occasionally. Meanwhile, cut the **lemon** into wedges. Now add the **butter** to your **crème fraîche mix** and whisk everything together, then return your **fish** to the pan. Pop your **chives** into the pan as well, together with a few grinds of **black pepper**, and allow your **creamy chivey fish** to bubble for 30 seconds.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!