







More Than Food
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Haddock with Mediterranean Aubergine and Butter Bean Stew

Crispy haddock fillets with aubergine and butter bean stew make a tasty combination in this Mediterranean inspired dish. With a variety of disease fighting phytonutrients including anthocyanin from the aubergine's purple hue and lycopene from the deep red passata, teamed with heart healthy haddock, you can be assured of a deliciously nutritious meal.



35 mins



1 of your
5 a day



Red Onion (1)



Aubergine (1)



Smoked Paprika
(½ tbsp)



Flat Leaf Parsley
(½ bunch)



Butter Beans
(1 tin)



Haddock Fillet
(2)



Tomato Passata
(1 carton)

2 PEOPLE INGREDIENTS

- Red Onion, chopped
- Aubergine, chopped
- Smoked Paprika
- Flat Leaf Parsley, chopped

- 1 Butter Beans
- 1 Haddock Fillet
- ½ tbsp Tomato Passata
- ½ bunch

- 1 tin
- 2
- 1 carton

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

Did you know...

Butter beans, also known as lima beans originated in Guatemala.

Allergens: Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	365 kcal / 1506 kJ	4 g	0 g	43 g	8 g	39 g	2 g
Per 100g	72 kcal / 296 kJ	1 g	0 g	8 g	2 g	8 g	0 g



1 Preheat your oven to 200 degrees. Cut the **red onion** in half through the root, peel and chop into roughly 1cm pieces. Cut the top off the **aubergine**, then cut in half lengthways. Slice each half into thin strips and then chop into roughly 1cm pieces.



2 Put your **veggies** in a deep baking tray with high sides, drizzle over a good glug of oil, a pinch of **salt** and a really good grind of **black pepper**. Sprinkle over the **smoked paprika** and give it all a good shake until everything is nicely coated in **spice** and **oil**. Put the baking tray on the top shelf of your oven for 20-25 mins, until your veggies are soft.

3 While your veggies are cooking, roughly chop the **parsley** and drain and rinse the **butter beans** in a sieve.



4 Season each **haddock fillet** with a pinch of **salt** and a good grind of **black pepper** on both side.

5 When your **onion** and **aubergine** have been cooking for 20-25 mins, remove from your oven and add the **passata** along with your **butter beans** and half your **parsley**. Season with another pinch of **salt** and a good grind of **black pepper**. Stir everything together and put back in your oven for 5 mins.



6 Drizzle some **oil** into a non-stick frying pan on medium-high heat. When the pan is hot add your **fish**, skin-side down. **Tip:** *Don't move the fish when it's cooking skin-side down or it won't get a crispy skin!* Cook for 3-4 mins then turn over and cook for 2-3 mins on the other side. **Tip:** *The fish is cooked when the centre is opaque.*

7 When everything is ready, take your **aubergine and butter bean stew** out of your oven and spoon into bowls. Place your **haddock** on top, sprinkle over your remaining **parsley** and enjoy!

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