







More Than Food
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Tasteology Grilled Haddock and Samphire

To celebrate the launch of the beautiful online series Tasteology, we've put together a special recipe. Tasteology is a series that explores the science behind taste and combines crazy, beautiful film-making with comments from the world's leading food experts. One of the themes in episode one is 'foraging' and nothing epitomises foraging quite like British coastal samphire! Watch the series whilst you eat tonight's dinner at www.aeg.co.uk/tasteology

 25 mins

 lactose free

 healthy

 gluten free



New Potatoes (1 pack)



Lemon (1)



Dijon Mustard (1 tsp)



Olive Oil (3 tbsp)



Chives (1 bunch)



Haddock Fillet (2)




Samphire (1 pack)

2 PEOPLE INGREDIENTS

- New Potatoes, halved
- Lemon
- Dijon Mustard
- Olive Oil
- Chives, chopped

1 pack
1
1 tsp
3 tbsp
1 bunch

- Haddock Fillet **2**
- Samphire **1 pack**

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

Did you know...

Samphire is actually a sea vegetable hence its salty nature!

Allergens: Mustard, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	363 kcal / 1518 kJ	20 g	3 g	27 g	2 g	22 g	1 g



1

1 Cut the **potatoes** in half and pop into a large pot of cold water with a generous pinch of **salt**. Put on high heat and bring to the boil. Once they reach the boil, reduce the heat to low and cook for 20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*



2

2 Next, make the dressing for your potatoes. Juice the **lemon** and mix half the **lemon** juice with the **dijon mustard**. Whisk in the **olive oil** (as specified in the table above). Season with **salt** and **pepper** and then taste. Add more **lemon** juice or **mustard** if you feel it needs it.



3

3 Finely chop the **chives** and mix half through the **dressing**. Keep the rest for later. **Tip:** *If you have kitchen scissors, use them to snip the chives rather than chopping them.*



7

4 Pre-heat your grill to its highest setting. Take the **haddock** and season each fillet with a pinch of **salt** and a grind of **black pepper**. Drizzle a splash of **olive oil** onto each piece of fish, place them on a sheet of foil and pop on a baking tray ready to go under your grill.

5 The **samphire** just needs to be warmed through, so give it a quick rinse under cold water and pop into a frying pan with a splash of **olive oil**. We'll cook it right at the last minute.

6 When your **potatoes** are cooked, drain and then return to the pot off the heat. Pop your **haddock** under your grill and cook for 5-7 mins or until the centre of your fish is opaque.

7 As your fish cooks, gently warm your **samphire** on low heat. Add a splash of water to the pan to make sure it doesn't fry.

8 Dress your **potatoes** with the **dressing** and serve a generous amount on each plate.

9 When your **haddock** is cooked, squeeze over some **lemon** juice and pop alongside your **potatoes**. Finish your plate with the **samphire** and a sprinkle of your remaining **chives**. Enjoy!!

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