



# Crumbed Haddock with roast potatoes and tomato salad

Calorie Smart 35-40 mins • Eat me first

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Haddock



Potatoes



Tomato



Parsley



Garlic



Almonds



Breadcrumbs

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	3 units	6 units
Tomato	2 units	4 units
Parsley	5 g	10 g
Garlic	1 unit	2 units
Almonds	15 g	30 g
Breadcrumbs	1 pack	1 pack

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	530 g	100 g
Energy (kJ/kcal)	1878.3 kJ/ 448.9 kcal	354.4 kJ/ 84.7 kcal
Fat (g)	5.5 g	1 g
Sat. Fat (g)	0.5 g	0.1 g
Carbohydrate (g)	66.2 g	12.5 g
Sugars (g)	5.3 g	1 g
Protein (g)	31.5 g	5.9 g
Salt (g)	0.3 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



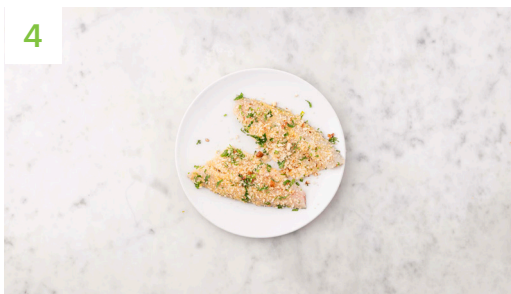
You can recycle me!



## Cook the Potatoes

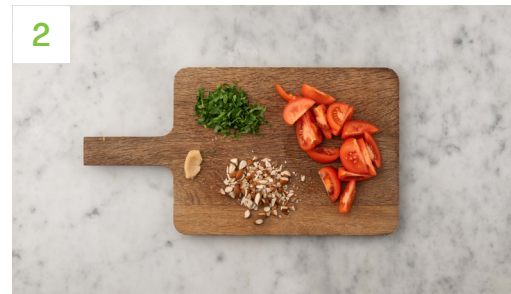
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with a pinch of **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Coat the Haddock

- Crack 1 **egg** (double for 4p) into a plate and carefully mix with a fork.
- Dip the **haddock** in the **egg** to coat evenly.
- Coat the **haddock** in the **almond breadcrumb** mix. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



## Get Prepped

- Cut the **tomato** into wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Chop the **almonds**.



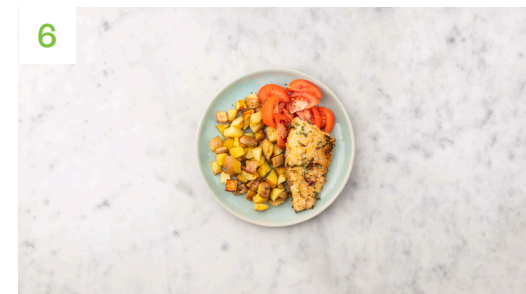
## Bake the Fish

- Arrange the coated **haddock** on a separate lined baking tray.
- Lightly **salt** the **fish** and drizzle over a little **oil**.
- Bake until the crumb is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



## Create the Crust

- Pop the **breadcrumbs** into a medium bowl.
- Add the chopped **parsley**, **garlic** and **almonds**.
- Season with **salt** and stir everything together until you have an even mix.



## Finish and Serve

- Season the **tomato** wedges with **oil**, **salt** and **pepper** to taste.
- Serve the **almond** crusted **haddock** with roast **potatoes** and **tomato** salad alongside.

Enjoy!