



Haddock in Herby Yoghurt Sauce with roast potatoes and carrots

Calorie Smart 50-60 mins • Eat me first

11



Haddock



Potatoes



Chives



Yoghurt



Carrot



Mustard

Pantry Items: Oil, Salt, Pepper, Butter, Water

Before you start

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

Cooking tools you will need

Baking Sheet with Baking Paper, Colander, Lid, Medium Pot

Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	400 g	800 g
Chives	5 g	10 g
Yoghurt	75 g	150 g
Carrot	2 units	4 units
Mustard	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	528.5 g	100 g
Energy (kJ/kcal)	1494.8 kJ/ 357.3 kcal	282.8 kJ/ 67.6 kcal
Fat (g)	2.6 g	0.5 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	54.3 g	10.3 g
Sugars (g)	12.1 g	2.3 g
Protein (g)	29.3 g	5.5 g
Salt (g)	0.6 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.

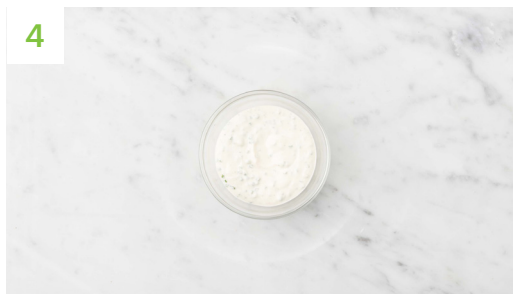


You can recycle me!



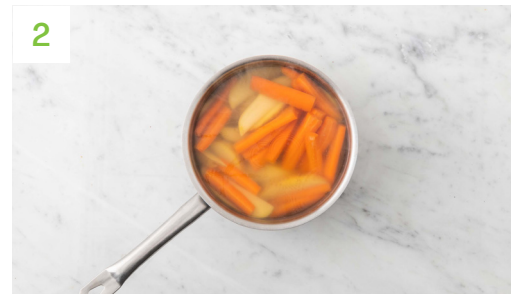
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes** and **carrots**.
- Trim the **carrot** then quarter lengthways (no need to peel).
- Cut the **potato** into long, narrow wedges (peeling optional).



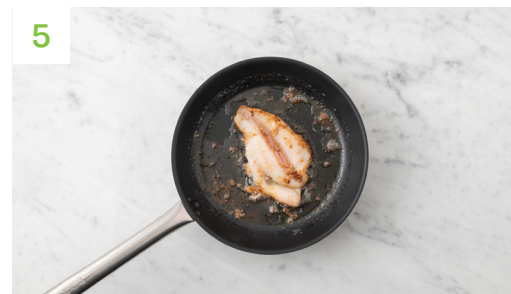
Make the Sauce

- Meanwhile, finely chop the **chives**.
- In a small bowl, combine the **yoghurt, mustard** and chopped **chives**.
- Season to taste with **salt** and **pepper**.



Boil the Veg

- Once **water** is boiling, add the **carrots** and **potatoes** to the pot.
- Cook (lid on) until softened, 8-10 mins.
- Drain in a colander and return to the pot.
- Allow to steam without lid, 30 secs.



Fry the Fish

- When the veg has 5 mins cooking time left, melt 1 tbsp **butter** (double for 4p) in a pan over medium heat.
- Add the **haddock** and fry, 2-3 mins on each side, or until cooked through. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.
- Season with **salt** and **pepper**.



Roast Your Veg

- Spread the drained veg out on a lined baking tray.
- Pat dry then drizzle on 2 tbsp **oil** (double for 4p) along with **salt** and **pepper**.
- Toss to coat.
- Roast in the oven for 20-30 mins.

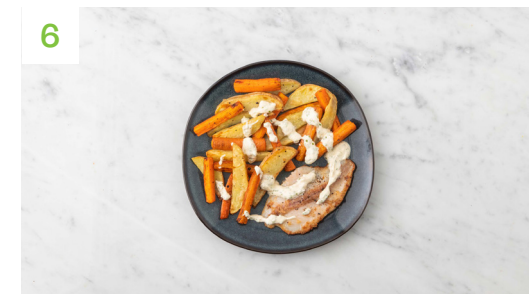


Plate Up

- Divide the **carrots** and **potatoes** between plates.
- Serve the **haddock** alongside, drizzling over any buttery juices from the pan.
- Finish with a drizzle of the **yoghurt chive** sauce.

Enjoy!