



# Haddock in Herby Yoghurt Sauce

with mashed potatoes and carrots

Calorie Smart 50-60 mins • Eat me first

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Haddock



Potatoes



Chives



Yoghurt



Carrot



Mustard



Paprika

Pantry Items: Oil, Salt, Pepper, Butter, Water, Milk (Optional)



## 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, Potato Masher

## Ingredients

	2P	4P
Haddock	250 g	500 g
Potatoes	3 units	6 units
Chives	5 g	10 g
Yoghurt	75 g	150 g
Carrot	2 units	4 units
Mustard	1 sachet	2 sachets
Paprika	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	528.5 g	100 g
Energy (kJ/kcal)	1841.06 kJ/ 440.03 kcal	292.46 kJ/ 69.9 kcal
Fat (g)	2.6 g	0.5 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	72.09 g	11.45 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

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## Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain the **potatoes** in a colander and return to the pan off the heat.
- Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth, season with **salt** and **pepper** then cover to keep warm.



## Make the Sauce

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



## Get Prepped

- While the **potatoes** are boiling, trim the **carrots** then quarter lengthways (no need to peel).
- Finely chop the **chives**.



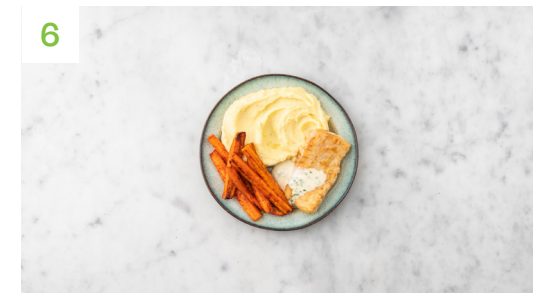
## Fry the Fish

- When the veg has 5 mins left to cook, 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 the Carrots

- Pop the **carrots** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **paprika**, **salt** and **pepper** then toss to coat.
- Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



## Plate Up

- Divide the **carrots** and **potatoes** between plates.
- Serve the **haddock** alongside, drizzling over any buttery juices from the pan.
- Serve the **yoghurt chive** sauce on the side.

## Enjoy!