

Pan fried Haddock, Mushrooms and Artichoke

Ingredients – Serves 2

- 100g artichoke hearts
- 1 lemon
- 200g mixed mushrooms
- 2 garlic cloves
- 2 tbsp oil
- 2 x 150g haddock fillet (skin on)
- 400g baby white potatoes
- 40g sundried tomatoes
- Large handful of flat-leaf parsley
- Medium handful of fresh thyme



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1. Boil a kettle. Cut the baby white potatoes into 1cm pieces and place in a saucepan. Cover with boiling water and boil for 15-20 mins until softened. Once cooked, drain and crush with the back of a fork and season with sea salt and black pepper.
2. Finely slice the garlic cloves. Cut the larger mushrooms in half and cut the artichoke hearts into quarters. Slice the sundried tomatoes in half. Finely chop the parsley leaves and remove the leaves from the thyme stalks.
3. Heat a frying pan on a medium heat with 1 tbsp oil, add the garlic for 1 minute, then add the mushrooms for 3 mins until turning golden and softening, then add the artichokes and sundried tomatoes and cook for a further 2 mins. Squeeze in half of the juice from the lemon and add the chopped parsley, thyme leaves and a pinch of sea salt.
4. Meanwhile, season the haddock fillets with sea salt and black pepper. Heat a separate frying pan on a medium-high heat with 1 tbsp oil and cook the haddock skin side down for 4-5 mins until the skin turns golden

brown. Then turn the haddock over and cook for a further 4-5 mins on the other side or until cooked through.

5. Spoon the crushed potatoes onto two warm plates, top with the pan-fried haddock and spoon over the mushroom and artichoke mix. Serve with the remaining lemon cut into wedges.

Recipe for two people, halve the ingredients for one person