



Creamy baked haddock & tatties

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g haddock smoked chopped (undyed is better, but not essential)
- ☐ 1 leek trimmed finely sliced
- ☐ 1 handful parsley chopped
- ☐ 142 ml double cream
- ☐ 2 medium baking potatoes sliced

Equipment

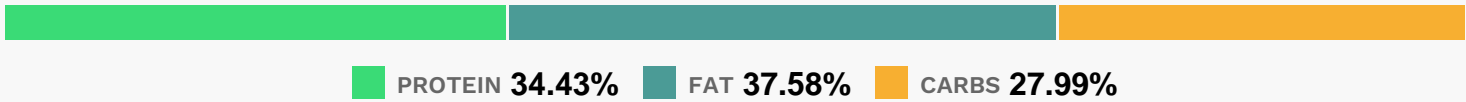
- ☐ knife
- ☐ grill

☐ microwave

Directions

- ☐ Firstly assemble the dish. Scatter the haddock, leek and parsley over the bottom of a shallow microwavable dish and mix together with your fingers or a spoon.
- ☐ Drizzle over half the cream and 5 tablespoons of water.
- ☐ Lay the potato slices over the fish and leeks and drizzle over the remaining cream. Season the potatoes with a little salt and plenty of black pepper.
- ☐ Put the grill on high. Cover the dish with cling film and pierce it a few times. Microwave the pie on the highest setting for 8–10 minutes until everything's bubbling away and the potatoes are tender when poked with a knife. Whip off the cling film and put the dish under the grill until the potatoes are golden. Leave to rest for a minute, then serve straight from the dish.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:32.06, Inflammation Score:-9, Nutrition Score:35.990869687951%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 670.98kcal (33.55%), Fat: 28.02g (43.11%), Saturated Fat: 16.85g (105.31%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 43.33g (15.76%), Sugar: 5.16g (5.73%), Cholesterol: 234.71mg (78.24%), Sodium: 1565.95mg (68.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.77g (115.55%), Selenium: 89.24µg (127.49%), Vitamin B6: 1.67mg (83.27%), Phosphorus: 677.31mg (67.73%), Vitamin B3: 12.6mg (63%), Vitamin K: 60.03µg (57.18%), Vitamin B12: 3.31µg (55.24%), Potassium: 1877.24mg (53.64%), Magnesium: 175.45mg (43.86%), Vitamin A: 2122.35IU (42.45%), Iron: 5.76mg (32.01%), Manganese: 0.61mg (30.62%), Vitamin C: 20.57mg (24.93%), Folate: 94.2µg (23.55%), Vitamin B1: 0.31mg (20.76%), Calcium: 201.84mg (20.18%), Vitamin B2: 0.32mg (18.7%), Copper: 0.37mg (18.38%), Vitamin D: 2.74µg (18.29%), Vitamin E: 2.2mg (14.69%), Fiber: 3.64g (14.54%), Zinc: 1.86mg (12.43%), Vitamin B5: 1.23mg (12.34%)