



Smoked haddock salad with poached eggs & croûtons

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



934 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp coarse mustard
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 5 tbsp olive oil
- ☐ 1 small loaf crusty baguette french
- ☐ 180 g turtle beans french trimmed
- ☐ 300 g haddock smoked
- ☐ 2 eggs

☐ 1 head salad leaves curly endive split

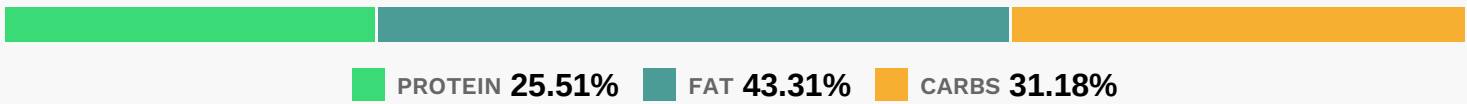
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Whisk the mustard, vinegar, 3 tbsp oil with 1 tbsp of water and a pinch of salt to make a dressing.
- ☐ Heat the grill to high, scatter the bread on a baking tray and drizzle with the remaining oil. Put on the bottom of the grill and toast for 8–10 mins, tossing every couple of mins until well done.
- ☐ While the croutons are toasting, boil the beans for 3–5 mins until cooked but slightly crunchy. Scoop them out using a slotted spoon and toss them in a bowl with a little dressing. Lower the heat under the water, add the haddock and gently poach for 5 mins. Lift the fish onto a plate, add a splash of vinegar to the water, break in the eggs and poach them for 3 mins. Lift them onto a piece of kitchen towel to drain.
- ☐ Tip the leaves into a large bowl and flake over the haddock in large chunks.
- ☐ Add the crotons and beans plus most of the dressing, then toss everything together. Pile onto 2 plates, top with the eggs, drizzle with the remaining dressing and eat while its still warm.

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:42.49, Inflammation Score:-10, Nutrition Score:53.083478388579%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 934.45kcal (46.72%), Fat: 44.81g (68.94%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 72.56g (24.19%), Net Carbohydrates: 63.74g (23.18%), Sugar: 6.92g (7.69%), Cholesterol: 279.18mg (93.06%), Sodium: 2119.53mg (92.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.38g (118.77%), Vitamin K: 361.5µg (344.29%), Selenium: 102.25µg (146.07%), Vitamin A: 6823.13IU (136.46%), Folate: 391.76µg (97.94%), Vitamin B3: 13.92mg (69.62%), Phosphorus: 678.38mg (67.84%), Vitamin E: 9.27mg (61.8%), Vitamin B1: 0.9mg (59.84%), Manganese: 1.16mg (57.84%), Vitamin C: 46.09mg (55.86%), Iron: 9.54mg (52.99%), Vitamin B2: 0.79mg (46.69%), Vitamin B12: 2.79µg (46.53%), Vitamin B6: 0.93mg (46.43%), Magnesium: 180.88mg (45.22%), Potassium: 1515.43mg (43.3%), Calcium: 388.41mg (38.84%), Fiber: 8.82g (35.27%), Copper: 0.65mg (32.43%), Vitamin B5: 2.73mg (27.34%), Zinc: 3.19mg (21.27%), Vitamin D: 2.08µg (13.87%)