



Smoked haddock with tomatoes & chive dressing

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 bay leaf
- ☐ 1 fillet undyed haddock smoked trimmed
- ☐ 200 g new potatoes plain cooked sliced
- ☐ 3 tomatoes ripe sliced
- ☐ 1 shallots finely chopped
- ☐ 3 tbsp olive oil

- ☐ 2 tsp dijon mustard
- ☐ 1 small bunch chives finely chopped

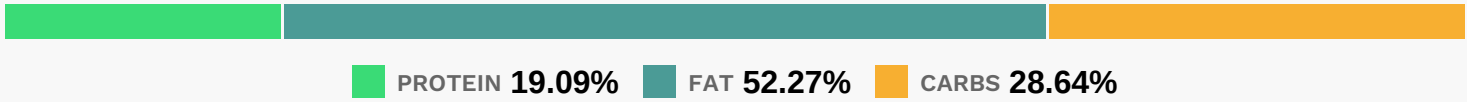
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk all the dressing ingredients together in a small bowl with 1 tsp water, then set aside. bring a shallow pan of water to the boil with the vinegar and bay leaf, then turn down the heat, slip in the fish and poach for 5 mins until cooked. remove with a fish slice and set aside.
- ☐ Pile the potatoes into the centre of 2 plates and lay the tomato slices around them. drizzle the vegetables with a little dressing, then peel the skin off the haddock and sit it on top of the potatoes. Spoon over the rest of the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:127.88, Glycemic Load:15.22, Inflammation Score:-9, Nutrition Score:20.860869801563%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 374.39kcal (18.72%), Fat: 22.04g (33.91%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 22.08g (8.03%), Sugar: 6.72g (7.47%), Cholesterol: 45.9mg (15.3%), Sodium: 254.46mg (11.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.23%), Vitamin C: 47.26mg (57.28%), Vitamin B6: 0.73mg (36.58%), Selenium: 24.18µg (34.55%), Vitamin A: 1681.54IU (33.63%), Potassium: 1162.82mg (33.22%), Vitamin K: 33.64µg (32.04%), Phosphorus: 309.54mg (30.95%), Vitamin E: 4.44mg (29.6%), Vitamin B12: 1.56µg

(25.93%), Vitamin B3: 5.08mg (25.38%), Manganese: 0.45mg (22.42%), Fiber: 5.09g (20.37%), Magnesium: 67.67mg (16.92%), Folate: 60.67µg (15.17%), Copper: 0.25mg (12.71%), Vitamin B1: 0.18mg (12.25%), Iron: 1.89mg (10.5%), Vitamin B5: 0.86mg (8.6%), Vitamin B2: 0.12mg (7.28%), Zinc: 0.98mg (6.5%), Calcium: 50.94mg (5.09%), Vitamin D: 0.43µg (2.83%)