

*Seasonal recipe*

# Herb Crusted Haddock



This light and tasty dish takes no time to prepare and is perfect for a midweek supper. For entertaining, the quantities are easily doubled.



**P**  
PRIORITY  
FARM

# Herb Crusted Haddock (serves 4)

## Ingredients

1 tbsp olive oil, plus extra for cooking  
4 skinless unsmoked haddock fillets, approximately 140g each  
2 handfuls cherry tomatoes  
3 tbsp mayonnaise  
1 garlic clove, crushed  
100g white breadcrumbs  
Zest and juice of 1 lemon  
2 handfuls flat-leaf parsley, Leaves roughly chopped

## Method

1. Preheat the oven to 220°C/fan 200°C/gas 7.
2. Lightly oil a large baking tray, then lay the haddock and tomatoes alongside each other.
3. In a small bowl, mix the mayonnaise with the crushed garlic, then spread evenly over the fish.
4. In a separate bowl, toss together the breadcrumbs, lemon zest, juice and parsley, and season to taste. Top the fish with the breadcrumb mixture.
5. Drizzle olive oil over the fish and tomatoes, and bake for 15 minutes or until the fish flakes slightly when pressed and the crust is golden and crunchy.
6. Serve with wilted spinach.

## Ingredients are selected from

Priory Farm Shop, Sandy Lane, South Nutfield, Surrey RH1 4EJ

To check availability, please ring **01737 822603**

**[www.PrioryFarm.co.uk](http://www.PrioryFarm.co.uk)**