

PAN FRIED HADDOCK WITH OLIVES AND TOMATOES

Pan Fried Haddock Mediterranean Style with cherry tomatoes, olives and tangy capers is very easy but very flavorful dish

YIELDS

4 Servings

INGREDIENTS

4 fillet fresh haddock fillets (roughly 180g each)

½ cup extra virgin olive oil

1 medium onion (finely chopped)

2 cloves garlic (minced)

⅓ cup dry white wine

½ cup cherry tomatoes (halved)

¼ cup black olives (pitted)

¼ cup chicken broth

¼ cup flat-leaf parsley (chopped)

½ cup handful fresh basil (chopped)

1 pinch salt and black pepper



METHOD

Season the fillets liberally with salt and pepper.

Heat half the olive oil in a large pan and add the fillets to cook for 4 minutes on each side, then set them aside.

Add the remaining olive oil to the same pan and add the onion to sauté until it begins to caramelize, then add the add the garlic and keep stirring until it becomes fragrant.

Add the wine and use your wooden spoon to scrape the bits free from the bottom of the pan.

Once the wine has reduced by half, add the tomatoes, olives and capers and cook them until the wine has dried up.

Now, stir in the chicken broth and let it reduce by half before checking the seasoning and mixing through the parsley and basil.

Finally, add the fish back and keep spooning the sauce over it until the fish is warmed through.