



Spicy Red Pepper Pesto Crusted Haddock with Crushed New Potatoes and Spinach

A nice and tasty twist on a mid-week fish dish! This is a perfectly balanced meal - high protein (fish), healthy fats (pesto), and starchy carbohydrates (potatoes) with the addition of a nutrition-rich vegetable (spinach)! Heating the spinach increases the amount of iron we can absorb from eating it!

Ingredients

- Haddock
- Red pepper pesto
- Breadcrumbs
- Grated parmesan

- New potatoes
- Spinach
- Lemon
- Garlic

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 422kcal
Carbohydrates: 48g
Protein: 33g
Fat: 11g

Allergens

[Fish \(Haddock\)](#)
[Wheat \(Breadcrumbs\)](#)
[Dairy \(Cheese\)](#)
[Nuts \(Pesto\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to fan 180°C and boil the kettle

Line a baking tray with tin foil or baking paper/parchment.

2) Prepare the potatoes

Slice the potatoes in half. Place in a pot of boiling salted water for 12-15 minutes or until tender. Drain the potatoes and then tip them onto a baking tray. Using the back of a fork or a potato masher, crush the potatoes slightly to flatten them while keeping them in one piece. Drizzle over some olive oil, and season with salt and pepper. Give them a good toss.

3) Prepare the fish

Mix the pesto with the parmesan and bread crumbs and top the haddock with the mix. If they can fit, lay the fish pieces alongside the potatoes on the baking tray and cook both for 15-20 minutes or until the fish is cooked (opaque) through. If there's no room on the potato tray, place the fish in a baking dish or second tray. While the fish and potatoes are cooking....

4) Cook the spinach

Slice the garlic as finely as you can. In a frying pan or saucepan, add a small drizzle of oil. On a low-medium heat, cook the garlic for 1-2 minutes, taking care not to burn it. Add the spinach and cook until wilted. Turn off the heat.

5) Plate the dish

Remove the haddock and potatoes from the oven. Serve with the spinach on a plate. Cut the lemon into quarters and garnish with the juice to taste.



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