



## Chipotle Haddock with Avocado and Crispy Baby Potatoes

This quick fish dish utilises protein, fats from the avocado, and carbohydrates to create a simple yet flavoursome nutritionally balanced plate. Chipotle paste is made from a purée of chipotle chillies, which are jalapeño chillies that have been smoked and dried. It adds amazing flavour to chillis, rice, and grilled meats and fish.

### Nutritional Info

Calories: 435kcal  
 Carbohydrates: 42g  
 Protein: 28g  
 Fat: 18g

### Ingredients

- Haddock
- Chipotle Paste
- Avocado
- Baby Potatoes
- Cherry Tomatoes
- Spring onions
- Coriander
- Lime

### Your Pantry

- Olive oil

### Allergens

Fish (Haddock)

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 180°C

### 2) Prepare the potatoes

Cut the potatoes in half (quarters if they are large new potatoes) and transfer to a baking tray. Stir in a drop of oil and season with salt and pepper. Place in the oven for 25-30 minutes, tossing now and then. Meanwhile...

### 3) Make the avocado salsa

Remove the stone from the avocado. Peel back the skin and chop into cubes. Chop the cherry tomatoes into quarters, slice the spring onions, and finely chop the coriander. Add them to the bowl with the avocado and season with salt and pepper and lime juice to taste. Mix well.

### 4) Cook the fish

Lay the fish on a baking tray and spread the chipotle paste over. Once the potatoes have been in the oven for 20 minutes, add the tray of fish to the oven and cook for 10-12 minutes or until cooked through (the fish should be white and opaque throughout).

### 5) Plate the dish

Remove the potatoes and fish from the oven. Plate the potatoes and lay the fish alongside them. Top with the avocado and garnish with a slice of lime.



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