



Kish Fish Wild Atlantic Haddock with Beetroot & Butter Basted Potato Cakes, Charred Scallion, Broccoli & Wild Garlic Pesto



This meal is a beautiful balance of flavours and textures—earthy, sweet, and creamy beetroot and potato cakes, tender fish with smoky scallions, and the vibrant pesto bringing everything together. Enjoy!

Nutritional Info (Per portion)

Calories: 465 kcal
Carbohydrates: 53 g
Protein: 47 g
Fat: 11 g

Ingredients

- Fresh Haddock Fillet
- Wild Garlic
- Scallions
- Tenderstem Broccoli
- Parmesan - Grated
- Rooster Potatoes
- Beetroot
- Your Pantry**
- Olive Oil / Rapeseed oil

Allergens

[Fish \(Haddock\)](#)
[Dairy \(Parmesan\)](#)



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.

Cooking Time: 30 min.

Kish Fish Haddock

1) Prepare the Haddock:

- Preheat Oven to 190°C.
- Place fresh haddock fillets on a sheet of parchment paper or foil. Season with salt and pepper.
- Drizzle a little olive oil or dot of butter for extra flavour & moisture.

2) Wrap the Fish:

- Fold the parchment paper & foil around the fish to create a sealed parcel, ensuring it's tightly closed so that the fish steams as it bakes.

3) Bake:

- Place the parcel on a baking sheet and bake for about 15-20 minutes, depending on the thickness of the fillets, until the fish is tender and easily flakes with a fork.

4) Rest:

- Once baked, allow the parcel to rest for a few minutes before unwrapping and serving. The fish will be perfectly moist and full of flavour.

Beetroot & Butter Basted Potato Cakes

1) Prepare the Potatoes:

- Boil the potatoes (peeled or unpeeled) in salted water for about 10-15 minutes, until tender.
- Drain the potatoes and mash them well, adding salt and pepper to taste.

2) Prepare the Beetroot:

- While the potatoes are boiling, peel and finely grate the raw beetroot.

3) Combine the Potato & Beetroot:

- Add the grated beetroot to the mashed potatoes and mix until combined. The beetroot will give the cakes a vibrant colour and earthy flavour.

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.

4) Form the Cakes:

- Shape the mixture into small patties, about 2-3 inches wide.

5) Butter Baste:

- Heat a couple of tablespoons of butter in a skillet or pan over a medium heat.
- Fry the potato cakes in the butter, allowing them to crisp up on both sides (about 3-4 minutes per side).
- While frying, spoon the melted butter over the cakes to help them develop a golden, crispy exterior.

6) Drain:

- Once browned and crispy, remove the cakes from the pan and place them on a paper towel-lined plate to drain any excess butter.

Charred Scallions

1) Prepare the Scallions:

- Trim the roots off the scallions and wash them thoroughly.

2) Char the Scallions:

- Heat a skillet or pan over high heat.
- Place the scallions in the pan and cook for about 2-3 minutes, turning occasionally, until they are nicely charred on the outside but still slightly tender inside. The charred edges should be blackened but not burnt.

3) Serve:

- Once charred, remove the scallions from the pan and set aside for serving. These will add a smoky flavor and contrast to the other elements of the dish.

Broccoli & Wild Garlic Pesto

1) Prepare the Broccoli:

- Blanch the broccoli in boiling water for 2-3 minutes, until bright green and slightly tender.
- Drain and immediately place the broccoli in ice water to stop the cooking process.

2) Make the Pesto:

- In a food processor, combine the blanched broccoli, wild garlic, the grated Parmesan, and a pinch of salt.



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- With the processor running, slowly drizzle in olive oil until the pesto reaches a smooth, paste-like consistency.
- Taste and adjust seasoning with more salt and pepper.

3) Serve:

- Spoon the pesto into a small bowl or drizzle over your haddock parcel, allowing the fresh, herbaceous pesto to complement the fish.

Assemble the Dish

1) Plating:

- On each plate, serve a portion of Kish Fish Haddock Baked Parcel, carefully opened and flaked into tender pieces.
- Add a few Beetroot & Butter Basted Potato Cakes on the side.
- Place a few Charred Scallions beside the fish for a smoky element.
- Spoon the Broccoli & Wild Garlic Pesto over the fish or potato cakes for added flavour and colour.

