



Asian Style Baked Haddock with Broccoli & Coconut Rice

One of our favourite ways to cook fish is in a parcel – it's quick, simple and delicately steams the fish to perfection. Homemade parchment bags are perfect for throwing on the barbecue on a warm summer's day, or if the weather's not up to the job, they work just as well in the oven. This recipe embraces lime, lemongrass, shallot and ginger to create a delicious sauce. Pack the ingredients inside and let the flavours work their magic.

Ingredients

- Haddock Fillet
- Shallot
- Fresh Ginger
- Red Chilli
- Lemongrass Stalk
- Broccoli
- Coriander
- Vegetable Stock Cube
- Basmati Rice
- Coconut Milk

Your pantry:

- Olive / Rapeseed Oil
- Baking Paper
- Salt & Pepper

Nutritional Info

Calories: 520 kcal
Carbohydrates: 50 g
Protein: 30 g
Fat: 27 g

Allergens

Fish (Haddock)
Celery (Stock Cube)
Stock Cube may also contain traces of Egg, Soya & Mustard

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 180C and boil the kettle

Combine the stock cube with 150 ml of boiling water per person.

2) Boil the rice and add coconut milk

In a pot, combine the rice and stock. Boil the rice in the stock and once the liquid has evaporated, add in the coconut milk.

3) Flavour the haddock

While the rice is cooking, cut 1 piece of baking paper (per person) into a 20 cm square. Peel and slice the shallot and ginger. Slice the chilli, lemongrass, lime and coriander.

Place the haddock in the center of the paper and scatter the chilli (to taste), lemongrass, shallot, ginger, lime and coriander over the fish. Wrap up the fish in a little parcel. Transfer the parcels to a baking sheet and bake in the oven for 15 minutes.

4) Fry the broccoli

While the haddock is cooking, fry the broccoli in a pan with a little oil, salt, and pepper.

5) Plate the dish

Remove the fish from the oven and serve alongside the coconut rice, broccoli and pour over any juices from the parcel. Garnish with any leftover lime juice (to taste).



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