



Molloy's
Fish Market
— Est 1968 —

Haddock with Pasta and Broccoli

SERVES 4

INGREDIENTS

- 700g Haddock, skinned and boned from Molloy's Fish Market
- 375g pasta – linguini or spaghetti are ideal
- 250g broccoli, broken up into small florets
- A little salt and black pepper
- 125g cream
- 125g stock
- 2 cloves garlic, finely chopped
- 2 chillies, deseeded and finely chopped
- Juice and grated rind of 1 lemon
- 1 handful parsley, chopped
- 2 handfuls watercress or spinach leaves, roughly torn



HOW TO:

- Cook the pasta in a large saucepan of boiling water as per packet instructions
- For the last minute add the broccoli
- Drain and return to the saucepan, along with a couple of tablespoons of the cooking liquid. Keep warm while you cook the fish and make the sauce
- Heat the grill
- Lightly oil a baking tray and place the fish on it. Season with salt and pepper
- Cook under the hot grill for 5-6 minutes until the fish flakes easily
- Put the cream and stock in a saucepan along with the garlic, chillies, lemon juice and rind and season with salt and pepper
- Bring to the boil, reduce the heat and let it simmer for 4-5 minutes
- Stir this mixture and the watercress and parsley through the pasta
- Finally flake the fish and gently stir it in

