

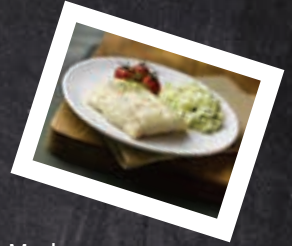


Molloy's Fish Market

— Est 1968 —

Roast Haddock with Champ

SERVES 4



INGREDIENTS

- 4 x 175g skinless and boneless Haddock fillets from Molloy's Fish Market
- Salt and freshly ground white pepper
- 1 tablesp. olive oil
- Cherry tomatoes on the vine
- 25g butter
- 4 scallions, finely chopped
- 6 tablesp. Milk
- 900g freshly cooked floury potatoes, cut into even-sized chunks

HOW TO:

- Preheat the oven to 200C/400F/Gas mark 6
- Arrange the haddock fillets on a non-stick baking sheet and season, then drizzle over the olive oil
- Roast in the oven for 8-10 minutes until cooked through and tender
- Toss the tomatoes in a little olive oil and roast in the oven for 5 minutes
- Melt the butter in a small pan and gently sauté the scallions until softened
- Pour in the milk and bring to a simmer.
- Mash the potatoes and then using a wooden spoon, beat in the scallions and milk mixture until you have achieved smooth, creamy mash
- Season to taste
- Divide the champ among warmed plates and arrange a piece of roasted haddock on each one to serve

