

SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE
GENERATIONS

Spicy Pan-fried Haddock (serves 2)

White fish including haddock is a great source of protein and naturally low in fat. Therefore, a good alternative to red and processed meats. White fish is also a rich source of iodine. Generally white fish contains more iodine than oily fish. Iodine helps to make thyroid hormones which are important for growth and metabolism. Carrots will go towards one of your '5-a -day'.

Ingredients

2 tbsp sunflower oil	2 potatoes, peeled and chopped into chunks
2 tbsp plain flour	1 large carrot, diced
2 tbsp lemon juice	
2 haddock fillets	
1 red chilli, chopped finely	

Method

1. Bring a large pan of water to boil, cook carrots and potatoes for about 15-20 minutes or until softened.
2. Heat oil in frying pan, dust haddock with light coating of flour and fry for 2-3 mins on each side, until cooked through, remove from the pan once cooked.
3. Add carrots and potatoes to the frying pan and fry for 2-3 minutes.
4. Add lemon juice, and chilli and fry for 2 minutes, add salt and pepper to taste
5. Add the fish back into the pan to warm though just before serving.

Front of pack (food) for portion of 326g

Energy 260kj 61kcal	Fat 18.6g	Saturates 2.6g	Sugars 5.9g	Salt 0.3g
20%	27%	13%	7%	4%

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