

Haddock with Lime and Ginger Butter, Bombay Aloo and Tamarind Peas



Serves 4



Haddock



Ingredients:

- 4 tbsp Plain Flour
- Pinch of Salt
- 1 tsp Chilli Powder
- 1/4 tsp Turmeric
- 4 Fillets of Haddock Angle Cut
- 1 tbsp Rapeseed Oil
- Butter

Method:

- Heat the oven to 200C
- Mix the flour with the salt and spices and dust the fish in it, shake off any excess
- Heat a large and preferably non-stick, ovenproof frying pan over medium-high heat, add oil and wait until it hazes
- Add the sole skinned side first and fry, without moving them, for 3-4 minutes until they form a golden crust
- Turn it over and put it into the top of the hot oven for a further 8-10 minutes until cooked through and flesh opaque
- You might need to use two frying pans if the fish are too large to fit in one
- If pans are not ovenproof, then preheat a lightly oiled baking tray while you fry the fish and transfer them straight onto this

Lime & Ginger Butter ✨ ✨ ✨

Ingredients:

- 50g Fresh Ginger, peeled and chopped
 - Juice of 3 Large Limes
 - 140g Unsalted Butter
 - 30g fresh Pomegranate Seeds
 - 2 tbsp Coriander, chopped
 - 1 tbsp Curly Parsley
 - Salt and Pepper to taste
-

Method:

- Place the ginger and lime juice in a mini food processor or blender and whizz
- Pour the mix into a bowl lined with a cloth and squeeze out all the ginger-lime juice to extract as much juice as possible. Keep liquid and discard the dry pulp
- Melt the butter in a frying pan over a medium heat and bubble until the butter turns a nut brown colour (about 2-3 minutes once bubbling) then add the lime and ginger juice, pomegranate seeds and chopped herbs to the pan
- Reduce the heat to low and just warm it through (don't overheat it at this stage or it will separate). Season to taste
- Serve the sole on the asparagus and spoon over the sauce with the tatties on the side



Bombay Aloo

Ingredients:

- 700g Potatoes (about 4 medium potatoes), peeled and cut into chunks
- 3 tbsp Vegetable Oil
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 1 large Onion, finely sliced
- 2 garlic cloves, crushed
- 1-inch piece of Ginger, finely grated
- 1 Green Chilli, finely chopped (optional, for heat)
- 1 tsp Ground Turmeric
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1 tsp Chilli Powder (optional, for extra spice)
- 1 tsp Garam Masala
- Salt to taste
- 1 tbs Lemon Juice
- Fresh coriander leaves, chopped, for garnish

Method:

- **Boil the Potatoes:** Place the potato chunks in a large pot of salted water. Bring to a boil and cook for about 8-10 minutes, until just tender but not falling apart. Drain and set aside.
- **Prepare the Spice Base:** In a large frying pan, heat the oil over medium heat. Add mustard seeds and cumin seeds, letting them sizzle for a few seconds until fragrant. Add the sliced onion and cook for about 5 minutes, stirring occasionally, until golden brown. Add garlic, ginger, and green chilli (if using), and cook for another minute until the raw smell disappears.
- Sprinkle in the turmeric, ground coriander, ground cumin, and chilli powder (if using). Stir well and cook for 1-2 minutes to toast the spices.
- Add the boiled potatoes to the pan, tossing to coat them in the spice mixture.
- Season with salt to taste, and cook for an additional 5-7 minutes, letting the potatoes absorb the flavours
- **Finish and Serve:** Add lemon juice, stirring gently to mix.



Tamarind Peas



Ingredients:

- 300g Frozen Peas
- Tonys Dip and Drizzle Tamarind Sauce to taste
- Salt & Pepper
- 100g diced Butter

Method:

- Boil peas, Drain and season with salt and pepper, and add butter
- Add 2 table spoons tamarind sauce and mix well and serve

