

Baked Haddock with caper butter and pan-fried potatoes



Ingredients

250g Baby potatoes

2 tbsp Olive oil

1 tbsp Capers (rinsed)

2 tbsp Lemon juice

1 tsp Lemon zest

1-2 tsp Parsley (chopped)

40g Butter

Salt/Pepper

Method

1. Preheat oven to 180c, gently brush fish with oil and season with salt and pepper, place on an oiled baking tray and roast for 15-20 minutes or until fish is cooked through and golden.
2. Cook potatoes in boiling salted water for 10-15 minutes, drain and return to the pot to keep warm.
3. Heat the olive oil to a medium high temperature and pan fry the halved pots until golden brown. Season with flaky sea salt and set aside.
4. Prepare the lemon caper sauce by melting butter over a medium heat, add the capers cooking gently for 1-2 minutes, add lemon juice and cook for a further 1 minute. Stir in half the parsley and season with pepper.

5. Place fish on warmed plates, top with caper lemon sauce and serve with potatoes and green vegetables. Garnish with remaining parsley and lemon zest if desired.