

Baked Vegetable, Smoked Haddock Kedgeriee

Steamed greens, poached hen egg, yoghurt, tamarind and lemon

Serves 4

Ingredients:

3 medium sized beetroots, peeled and cut into 6 wedges
½ butternut squash, peeled, diced 25mm
3 medium parsnips, peeled, quartered through the poles, removed the most woody part of their cores
Splash rapeseed or sunflower oil
Sea salt to taste
25g butter
3 medium carrots, peeled and chopped into batons, about 8cm long
1 packet Green Saffron Madras spice blend
1 heaped tsp tamarind (optional)
4 portioned fillets of naturally smoked haddock, skin on
200g kale, picked (leaves removed from the stalks), steamed or poached in plenty of salted water for 3 to 4 minutes
4 hen eggs, gently poached to ensure a runny yolk
6 tblsp Greek yoghurt
½ lemon, juice

Method:

1. Turn your oven to 180°C, gas mark 4
2. Pop the prepared beetroot, squash and parsnips onto a roasting tray, splash of oil, light sprinkle of salt, then into the oven and roast for 25minutes
3. Mix the yoghurt with the lemon juice. Set aside, keep chilled.
4. Meanwhile, melt the butter in a sauté pan, when foaming add the carrot batons, toss around, gently fry for a minute or two, then add the spice blend and continued to cook for another minute
5. Add 100ml of warm water to the pan, pop on the lid and cook for about 6 to 8 minutes until they're 'giving', but not soft.
6. Remove the lid, then add the tamarind, stir to combine, then the roast vegetables and gently toss together, set aside and keep warm.
7. Pop some greaseproof paper onto a baking tray, place the haddock fillets onto it and put into the oven on a middle shelf, bake for 8 to 10 minutes, until just cooked.
8. Then slide a fish slice or palette knife between the skin and the fish flesh to remove the fillet, leaving the skin behind on the grease-proof. Serve immediately, discard the paper.
9. Assemble your dish; neatly arrange on a warm plate some of the curried vegetables, pop on some cooked kale, then a portion of the smoked haddock, followed by a poached egg and a neat dollop of the yoghurt to the side, yum!