

SMOKED HADDOCK & QUEEN BEANS

Based on a favourite Nigella Recipe. A perfectly light and simply delicious summer supper. Serve with seasonal green veg dressed with warm whisked olive oil, butter, fresh lemon juice, Dijon mustard & capers.

(Thank you, Nigella!)

Serves 6

Ingredients

3 x 350g [Smoked Haddock Fillet](#) - skinned
3 Parsley Sprigs including stalks
6 bay leaves
3 tsp peppercorns
2 celery sticks
1l water
250ml white wine

For the dish:

Approx 200ml of the fish poaching liquid strained
2 x 500g Jars [Queen Butter Beans & / or Chickpeas](#) –
drained & rinsed
6 tbsp Extra Virgin Olive Oil
6 tbsp Chopped Parsley
3 tbsp Chopped Chives
[Twist of Mixed Peppercorns](#)
[A pinch of Welsh Sea Salt](#)



Put all the poaching ingredients into a large frying pan and gently lay in the fish fillets (halved if necessary). Bring to the boil, pop on the lid or cover with foil and simmers for 3 - 5 minutes until cooked but not falling apart. Lift out the fish with a large spatula onto a warm plate and cover with foil to keep warm.



Strain the poaching liquid, retaining about 200ml and returning this to the pan. Warm the beans in the poaching liquid for about 3 minutes. Strain off excess liquid if necessary and turn the beans onto a serving platter.

Place the fish onto the beans in large flakes, add the olive oil and most of the herbs and gently mix trying not to break the fish flakes. Check the seasoning, sprinkle with the rest of the chopped herbs.

Enjoy!