

# Haddock in a White Wine and Roasted Garlic Sauce

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*This is a very decadent meal that's surprisingly easy to cook. Serve the fish with buttery mashed potatoes and asparagus for a delicious dinner.*

## Ingredients:

2 shallots  
4 garlic cloves  
2 haddock fillets  
500ml white wine  
Sprig of fresh rosemary  
50g butter  
Olive oil  
Salt and pepper

## Directions:

1. Place the garlic clove onto some tin foil along with some salt and some olive oil. Wrap the tin foil up like a parcel, and pop it into the oven at 180C for around 40 minutes. Once cooked remove it from the oven and set it to one side.
2. Finely chop the shallots and place them into a frying pan with a little bit of olive oil. When they begin to soften, add the rosemary and then the wine. Bring it to a simmer.
3. Meanwhile, heat some olive oil in a frying pan and season the fish well on both sides. Then, fry the fish fillets. They need around three minutes on each side.
4. Whisk the butter into the wine and shallot mixture and mash the roasted garlic with the back of a fork. Add this to the mixture and then mix well.
5. Serve the sauce spooned over the fish. The flavours of the rosemary and the garlic work brilliantly with the haddock.

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