

Pan-Fried Haddock Tikka

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This is a quick, simple recipe that's bursting with flavour. Serve with fluffy rice and garnish with finely chopped chillies for an easy, delicious dinner.

Ingredients:

225g haddock fillets
2 tsp. chilli powder
½ tsp. turmeric powder
½ tsp. salt
2 tsp. corn-flour
Olive oil

Directions:

1. Skin the fish and then chop it into rough 3cm cubes.
2. Mix together the corn-flour, chilli powder, turmeric and salt.
3. Toss the haddock fillets into the mixture and pat them to get rid of any excess.
4. Heat the olive oil in a frying pan and fry the fish pieces for 1 minute on each side.

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