

Pan-Fried Haddock with Parsley Sauce

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This recipe is full of classic flavours. Simply serve this with some asparagus and some new potatoes for an easy, delicious meal.

Ingredients:

4 haddock fillets
50g butter
Olive oil
Salt and pepper
Pinch of paprika
Handful of fresh parsley
4 tbsp. butter
4 tbsp. flour
200ml milk
1 tbsp. lemon juice

Directions:

1. Heat the butter in a saucepan until melted and slightly frothing. Tip the flour in and stir quickly to combine the two. Keep stirring the mixture around the pan for around 5 minutes to cook out the flour. It should turn a golden brown colour.
2. Pour in a tiny little bit of the milk and stir vigorously. Keep adding the milk, a tiny bit at a time, stirring the sauce until smooth. If it's too thick, add more milk.
3. Add the lemon juice to the sauce and stir.
4. Finely chop the parsley, including the stalks, and put it into the white sauce. Stir well. Set the sauce to one side whilst you cook the fish.
5. Melt the 50g butter in a saucepan with some olive oil.
6. Liberally season the fish fillet with the salt, pepper, and paprika.
7. Cook the fish fillets by frying them for around three minutes on each side.
8. Spoon the sauce over the fish fillets to serve.

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