Main dishes / England

# haddock fillet with white cabbage and potatoes · England

Gently cooked fish, potatoes and white cabbage make a practical England-inspired dinner.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 600 g boneless haddock fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g white cabbage
- ☐ 30 ml neutral cooking oil
- ☐ 15 g English mustard
- ☐ 2 g dried sage
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

## Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the white cabbage, then boil or steam for 12 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless haddock fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-gb-eng-05-05-5651a4c