



Recipe
suggestions

Zesty lentil & haddock pilaf (serves 2)

Ingredients

- > 140g haddock fillet
- > 250g easy-cook basmati rice
- > 3 red onions , finely sliced
- > 250g pack ready-cooked puy lentils
- > zest 1 lemon (then cut the lemon into wedges)
- > large bunch flat-leaf parsley , roughly chopped
- > 25g toasted flaked almonds

Method

- > Cook the rice in boiling water until just tender, then drain.
- > Meanwhile, fry the onions in the oil in a large non-stick frying pan over a medium heat for 10-12 mins until golden.
- > Bring some water to the boil in a shallow pan. Add the haddock fillets, poach for 4 mins until the fish is just cooked, then drain and break into large flakes.
- > Spoon half the onions onto a plate, then set aside.
- > Stir the drained rice and lentils into the onion pan, then fold through the fish, lemon zest and parsley to heat through.
- > Serve topped with the reserved onions and a handful of almonds, with the lemon wedges on the side for squeezing over.

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