

COMPLETE MEAL

Haddock Patatas Bravos

Haddock Bake with thinly sliced potatoes cooked in a tomato coulis and mixed herbs served with broccoli and cauliflower

Ingredients

600g		10 x 60g Haddock Bake (GG code 7183)
1180g		potatoes, thinly sliced and blanched
500ml		tomato coulis, ready to use
5g	(1 tsp)	paprika
10g	(2 tsp)	dried mixed herbs
500g	(1 head)	broccoli
575g	(1 head)	cauliflower

Method

1. Place the sliced potatoes into a baking tin.
2. Mix the tomato coulis with the paprika and mixed herbs.
3. Pour the tomato coulis over the sliced potatoes.
4. Bake in oven at Gas 6/200°C/400°F for approximately 45 minutes.
5. Place the frozen **Haddock Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6; 200°C; 400°F (less for convection ovens).
6. Boil the broccoli and cauliflower in enough boiling water to cover or, alternatively, steam. Cook until soft and drain.
7. Serve the **Haddock Bake** with the patatas bravos and vegetables.

Serving instructions

Vary the flavour of the tomato coulis by adding chilli (for a Mexican-style dish) or curry powder (for a balti-style dish) instead of the paprika.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
92.3	1.4	0.2	14.4	0.3	1.6
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.6	3.6	2.4	36.8	31.8	22.0
Folate (µg)	Sodium (mg)	makes 10 x 236g portions			
37.5	129.0				

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