

Baked Haddock, Coriander & Lime

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Haddock fillets• Small bunch fresh coriander• Lime	<ul style="list-style-type: none">• Garlic• Broccoli• Spinach• Olive oil	<ul style="list-style-type: none">• Smoked paprika, ¼ tsp• Ground coriander, ¼ tsp• Chilli flakes, ¼ tsp• Sea salt, ¼ tsp• Pepper, ¼ tsp• Sesame seeds, 2 tsp

Method:

1. Preheat oven to 200 fan
2. Place the fish in a baking dish
3. Mix the paprika, ground coriander, chilli flakes, salt & pepper and the sesame seeds together, you'll need this dry spice mix in a moment
4. Make up a fresh coriander lime paste. Put the fresh coriander, 2 or 3 cloves of garlic, tbsp olive oil and juice of ½ lime in a mini food processor (or nutribullet) and pulse until finely chopped. If you don't have a gadget, finely chop all of the ingredients and mix together in a bowl
5. Spread the paste over the fish, sprinkle the dry spice mix over the top. Finely slice the remaining ½ lime and pop them in and around the fish. Drizzle over a tbsp olive oil before putting in the oven
6. Cook the fish. Mine only took about 10-12 mins to cook through. Cooking times will vary depending on which fish you use, the size and your preference
7. Serve with your favourite greens. I prepared some broccoli and wilted spinach.

Notes & tips

fish i think lots of different fish could work really well with this dish, cod, salmon, pollack, prawns, monkfish...

chicken i haven't tried this recipe made with chicken, but I'm certain that the flavour combinations would work really well together.

chilli & spices i shouldn't worry if you don't have all of the ones listed, but they're great store cupboard spices and are ones we regularly use on TDF, so worth getting in if you can. As always, adjust the amount of chilli to your liking.

recipe by nicky at the kitchen sanctuary:

<https://www.kitchensanctuary.com/easy-cod-bake-with-coriander-and-lime/#what-do-we-need>

