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Haddock in Tomato and Courgette Sauce



Ingredients

- 1 onion
- 1 large courgette
- 1 tablespoon of olive oil
- 1 fat clove of garlic
- A 400g can of chopped tomatoes
- 1 level teaspoon of brown sugar
- 1 teaspoon of paprika
- 1 tablespoon of soy sauce
- Half a lemon
- Salt and freshly milled black pepper
- A small handful of fresh coriander
- 4 portions of haddock fillet, skinless and boneless

Preparation

- 1 1.
- 2 Peel and finely chop the onion. Trim the ends off the courgette, slice it into quarters lengthways then chop it into small pieces.
- 3 2.
- 4 Heat the oil in a large deep heavy based frying pan and sauté the chopped onion for about 5 minutes to soften it. Add the courgette and cook, stirring occasionally, for another 5-6 minutes, until the courgette just begins to soften and brown. Add the garlic, peeled and crushed, and cook for another minute or two.
- 5 3.
- 6 Stir in the chopped tomatoes, sugar, paprika, soy sauce and about 2 teaspoons of lemon juice. Bring to a simmer, season with salt and pepper, turn down the heat and allow it to simmer gently for 3-4 minutes, stirring occasionally. Finely chop the coriander leaves and stir that in too.
- 7 4.

- 8 Place the haddock portions into the tomato and courgette sauce. Allow them to cook for 5-6 minutes then carefully turn them over and cook for the same length of time on the other side. Test to see if they are cooked
- 9 the fish should part easily into flakes if it is ready. [The timing will depend on the thickness of the fish
- 10 I found that portions of haddock that were not too large but reasonably thick were best for this dish.] Serve the fish and spoon on the sauce.

Cooks Note

Many of the ingredients will be already to hand in most kitchens, and the method is really quick and easy; the fish just cooks in the sauce until it is ready to flake apart. Even families not too keen on very fishy flavours can enjoy this because of the tasty tomato and courgette sauce.

I like to serve it with crisp sweet potato wedges and steamed green vegetables, but it is very versatile; try accompanying it with roast, mashed or jacket potatoes, rice or couscous, or simply fresh bread and salad.

You could add more veggies, such as mushrooms and peppers, or use them to replace the courgette. Spinach or olives would be good additions too.

Try oregano or thyme instead of coriander, whichever herb you have fresh.
