

Fillet of haddock with shrimps and lemon butter sauce

Ingredients

For the haddock

- 1x 170g/6oz haddock fillet
- 1 tbsp butter, melted

For the shrimps and lemon butter sauce

- 1 tbsp butter
- 1 lemon, juice only
- 1 tbsp chopped fresh chives
- small container ready-potted shrimps (available from some supermarkets and delicatessens)
- 1 fennel leaf, to serve

Preparation method

1. Preheat the grill to medium.
2. Brush both sides of the haddock with the melted butter, then place the buttered fish onto a baking sheet. Transfer to the grill and cook, skin-side facing up, for 5-7 minutes, or until the skin is crisp and golden-brown, then turn the fish over and grill for a further 4-5 minutes, or until the fish has cooked through.
3. Meanwhile, for the shrimps, heat the butter in a frying pan over a medium heat. When the butter is foaming, add the lemon juice, chives and potted shrimps and cook for 3-4 minutes, or until the shrimps are golden-brown.
4. To serve, place the fish in the centre of a serving plate and pour over the shrimps and butter sauce. Garnish with the fennel leaf.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 1

By Lizzie Coar

From Step up to the Plate

This recipe was cooked by amateur chefs as part of the BBC's Step Up to the Plate television programme.