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Haddock can reach 1 to 3 feet in length and 2 to 7 pounds of weight.



BAKED HADDOCK WITH COURGETTE NOODLES

SERVES: 2

TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

2 fillets Haddock
4 thin slices lemon
2 tbsp butter
1 tbsp fresh parsley, diced
1 clove garlic, minced
2 tbsp lemon juice
60ml white wine
60ml chicken stock
1 tbsp olive oil
2 courgette, spiralised

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Place two slices of lemon on each Haddock fillet and wrap in tin foil. Cook for 20 minutes or until fish is cooked through.

Bring a frying pan to medium heat and add butter, parsley and garlic. Once the butter has melted add the lemon juice, white wine and chicken stock. Season with salt & cracked pepper and allow to simmer for 5 minutes.

Remove from heat and pour into a jug. (making sure you get all of the sauce from the pan)

Add olive oil to the same pan and bring to medium heat, again. Add the courgette noodles and cook for 3-4 minutes.

Pour the sauce back in the pan, over the courgette noodles and heat through for 2 minutes.

Divide courgette noodles on two plates and top with cooked Haddock.

MACROS PER PORTION

CALORIES	369	PROTEIN	33
CARBS	12	FATS	21
FIBRE	3		