

## **Steamed haddock with spaghetti of vegetables**

### **Ingredients** (serves 4)

4 Haddock fillets (175g each)  
2 tablespoons lemon juice  
2 tablespoons olive oil  
4 tablespoons water  
1 garlic clove finely chopped  
1 carrot, peeled and sliced into thin strips  
1 leek, cleaned and sliced into thin strips  
1 red pepper, sliced into thin strips  
Salt, pepper and 2 tablespoons parsley

### **Method**

1. Place the lemon juice, water, olive oil, garlic, carrot, pepper and leeks into a large frying pan.
2. Season vegetables with salt and pepper and bring to the boil. Lower the heat to simmer.
3. Lay the fish fillets close together on top of the vegetables, cover with a piece of baking parchment, then with a lid and cook for 6-7 minutes.
4. Using a fish slice, transfer a fillet of fish to a plate.
5. Add the chopped parsley to the cooking liquid and top fish with some vegetables and salt.
6. Serve with baby boil potatoes.