

Haddock with spring onion, black bean and ginger

- 4 fillets of haddock
- 1 tablespoon sesame oil
- 1 tablespoon lime juice
- 1 tablespoon of chopped coriander
- 20g butter
- 2-3 spring onions
- 2 chillies
- 20g root ginger,
- 1 clove of garlic
- 1/2 teaspoon of chinese black beans
- zest of lime to garnish
- salt & black pepper to season



1. Marinade the haddock in the sesame oil, the lime juice, salt & pepper and coriander for 10 mins.
2. Gently cook the spring onion, chilli, ginger and the garlic together in the butter until soft.
3. Add the fish fillets and cook for 4-5 mins turning once.
4. Lift out fish, add the black beans and the marinade to the pan and heat.
5. Pour over fish and serve garnished with lime zest and spring onion trimmings.