



Exclusive recipe



Seasonal salad & smoked haddock toasts

SERVES 2 PREP 10 mins COOK 20 mins EASY

'I love piling salads onto grilled bread, it's like serving them on a massive crouton that soaks up all the flavours of the other elements. It also turns a light salad into more of a meal.'

Barney Desmazery

- 2 slices sourdough
- 1 garlic clove
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 6 asparagus spears, trimmed and cut into lengths

1 Grill, toast or griddle the bread, then rub with the garlic and drizzle with a little bit of the oil and set aside. Mix the rest of the oil, half the vinegar and the mustard together in a salad bowl with some seasoning.

2 Bring a pan of water to the boil and cook the asparagus for 3 mins. Scoop out using a slotted spoon and add to the bowl with the dressing. Pour the remaining vinegar into the water and turn down to a simmer, then lower in the haddock fillets and gently poach for 3-4 mins until cooked through. Lift out and leave to drain on some kitchen paper. Turn up the heat slightly, then poach

- 2 small smoked haddock fillets (about 100g each)
- 2 eggs
- 2 handfuls of watercress (about 60g)

the eggs in the water for 2-3 mins until just cooked, lift from the water and leave to drain with the haddock.

3 Toss the watercress through the asparagus and dressing, then divide between the two pieces of toast. Nestle the haddock fillets in the salad, top each with an egg, then season with a little salt and lots of pepper. Drizzle over any dressing left in the bowl and serve.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 454 kcals • fat 19g • saturates 4g • carbs 36g • sugars 3g • fibre 3g • protein 33g • salt 2.4g



BARNEY DESMAZERY

Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. @barney_desmazery

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Samuel Groves
Made in England 1817

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