



HADDOCK WITH FENNEL, LEMON, AND BLACK OLIVES



Ingredients

- 360 g (¾ lb) MSC certified haddock fillets (or any other MSC white fish like hake, ling, hoki, or cod)
- 3 small fennel bulbs or one large bulb, trimmed and cut into wedges
- ½ onion, finely sliced
- 2 cloves of garlic, peeled and sliced
- 1 handful of black olives
- 1 glass of white wine or sherry
- 15 ml (1 tbsp) of fresh dill, finely chopped
- 50 g (3½ tbsp) salted butter, cubed
- ½ lemon, juiced
- Olive oil
- Salt & pepper



Directions

- 1 Preheat the oven to 200 °C / 400 °F.
- 2 Heat an ovenproof frying pan (that can be covered), add some olive oil, and gently fry the fennel until it starts to turn golden.
- 3 Add the wine, sliced onion, and garlic, allow the alcohol to boil off for a minute, then cover and turn the heat down to a simmer. Keep cooking until the fennel is tender, adding a little water if you need to help it along.
- 4 When the fennel is soft and giving, place the fish on top and add the olives. Cover and place in the preheated oven.
- 5 Cook for 6-8 minutes in the oven until the haddock is just cooked through. Using a fish spatula, transfer the fish and the fennel to a serving platter. Using a spoon gently peel the skin off the haddock.
- 6 Place the pan back on the stove top and add the butter, bring to a boil until the sauce is buttery and thickened, then add the dill and lemon juice to taste.
- 7 **To serve:** Spoon the sauce over the fish and fennel and serve (with some boiled new potatoes if you wish).