

Haddock and tomato dutch-oven, smoked paprika, Kalamata, capers and lemon zest, garlic croutons

Recette pour 4 personnes

Description

Pieces of haddock cooked in a tomato sauce flavoured with smoked paprika, Kalamata olives, capers and lemon zest and served with garlic croutons.

L'idée déco

You can use Italian parsley to replace the cilantro, and get subtler flavours.

Ingrédients

For the haddock and tomato dutch oven

- 4 Unit(s) Haddock filet (80g)
- 1 Unit(s) Onion
- 1 Clove(s) Garlic
- 400 Gr Canned italian tomatoes
- 50 Gr Pitted kalamata olives
- 15 Ml Capers
- 1 Unit(s) Lemon
- 2 Ml Smoked paprika
- 8 Sprig(s) Fresh cilantro

- Olive oil
- Salt and pepper
- Vegetable oil

For the garlic croûtons

- 0.50 Unit(s) Baguette
- 1 Clove(s) Garlic

- Olive oil
- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **40 mins**

General preparation

Chop the onion. Zest the lemon. Chop one clove of garlic finely. Chop the cilantro.

Haddock and tomato casserole preparation

In a casserole, sweat the onion a few minutes. Add the chopped garlic, and cook for an additional minute. Then add the tomatoes and crush them with a wooden spoon. Finally, add the olives, capers and smoked paprika and simmer 20-25 minutes. Adjust the seasoning, add the pieces of haddock and lemon zest and simmer another 5 minutes, covered, until the haddock flesh comes off in flakes.

Garlic croutons preparation

Slice the baguette at an angle to get your croutons. Place them on a baking sheet and drizzle with olive oil. Season with salt and pepper. Bake for about 10 minutes or until crisp. Cut the garlic glove in half and rub each crouton with it.

To serve

On your plate or in mini-casseroles, place a portion of haddock, coat it with the sauce and sprinkle with chopped cilantro. Serve your casseroles accompanied by garlic croutons.

Bon appétit!