

Shopping & Ingredients List:

200g **Smoked Haddock**, boned
3 large **Eggs**, whisked
1 tbsp **Half Fat Creme Fraiche**
1 tbsp **0% Greek Yogurt**
1 tsp **Lemon Juice**
½ tsp **Lemon Zest**
2 large handfuls **Fresh Parsley**, chopped
1 tsp **Olive Oil**
Black Pepper to season



Method

1. Put the haddock in a large deep-sided non-stick frying pan, cover with hot water & poach for 6-7 minutes. Drain & remove the fish setting aside until cool enough to handle. Then remove the skin & flake the fish into medium-large chunks removing any bones. Discard the skin & bones.
2. In a small bowl mix together the creme fraiche, yogurt, lemon juice & lemon zest.
3. Preheat the grill to medium-high & wipe clean the frying pan.
4. Beat the parsley through the eggs & season with black pepper to own taste. Add the olive oil to the frying pan, warm through then add the eggs making sure to cover the base of the pan with the egg mix.
5. After a few minutes scatter the haddock & spoon the creme fraiche mix, over the top of the eggs. Transfer the frying pan to the grill & cook for 2 minutes. Season again if preferred & serve immediately.

Macro info per serving

Protein

29.5g

Carbs

1.5g

Fat

11.5g

Energy

228Kcal