

SMOKED HADDOCK AND PRAWN GRATIN

Serves 6

INGREDIENTS

- leeks x 300g, dice
- broccoli x 300g, rice (in a magimix)
- garlic cloves x 2, crush
- smoked haddock x 300g
- raw prawns, peeled x300g
- white wine x 50ml
- whole milk x 100ml
- double cream x 100ml
- parsley x20g, finely chop
- parmesan x 100g, grate
- breadcrumbs x 100g
- butter/oil
- sea salt
- black pepper

METHOD

- pre-heat the oven at 180°C
- prepare all the ingredients (see above)
- place the smoked haddock (skin side up) in a baking tray, cover with the milk and cook for 10 minutes in the oven
- remove from the milk, peel off the skin and flake into a bowl, set a side and reserve the milk
- heat butter/oil over a medium heat in a saucepan
- add the leeks, garlic, a pinch of salt, cover with a lid and cook for 10 minutes, until soft
- add the white wine and cook for 5 minutes
- add the reserved milk, double cream and simmer for 3 minutes
- add the juice of one lemon to taste and cook for 1-2 minutes
- remove from the heat
- add the smoked haddock, prawns, broccoli, parsley, season with salt and pepper and stir well
- spoon the mixture into an ovenproof dish, sprinkle with breadcrumbs and grated parmesan
- bake for 30 minutes, until the top is golden and the sauce is bubbling
- let it rest for 5 minutes before serving