

# Smoked Haddock, Cheese & Spring Onion Rosti

A lightly smoked fish style cake with rich cheddar cheese

By Mark Irish from Brakes

Overview ...



CALORIES:

24.1% Carbs

14.3% Protein

61.6% Fat

Food Labelling...

Serves 10

CONTAINS:



WHEAT



MILK



FISH

Recipe Ingredients ...	Quantity:	Description:
125334 M&J Seafood Diced MSC Natural Smoked Haddock Fillet - BRAKES	400g	
71128 Salted Butter - BRAKES	50g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	200g	
450066 Maris Piper Potatoes - BRAKES	800g	
10469 Cooking Onions - BRAKES	150g	
10467 Savoy Cabbage - BRAKES	155g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	30g	
10473 Spring Onions Bunch - BRAKES	25g	
70219 Brakes Fresh Whole Milk - BRAKES	400ml	
134429 Castello Tickler Extra Mature Cheddar - BRAKES	120g	
470703 Plain Flour - BRAKES	125g	

Products / Pack Sizes ...

1 Serving



*Product code*

*Barcode*

246g / 448kcal

# 1

#### Cooking Instructions & Notes

#### Preparation:

Peel and cut potatoes into large chunks

Peel and finely dice the onions

Defrost the haddock

Peel and finely shred the cabbage

Grate the cheese

Wash and chop the parsley

Finely chop the spring onions

#### Method:

1. Poach the smoked haddock until cooked in a little milk.
2. Melt the butter and fry the onions until golden, set aside to cool
3. Boil the potatoes until still firm to the touch, drain and allow to steam dry. When cool enough coarsely grate
4. In boiling salted water cook the savoy cabbage, refresh, drain - Remove as much moisture as possible.
5. Mix all ingredients together
6. Assemble the rosti shape using a ring mould and allow to cool, dust with flour
7. In a non stick pan heat some oil and fry the rosti on both side for approx. 2-3 mins until you get some colour on them
8. Transfer to a baking tray and bake in an oven at 180oC until core temp is achieved
9. This smoked haddock rosti can be served with a number of accompaniments, our favourite way is topped with a poached egg and hollandaise sauce on the side!