



Lemon Veggie Topped Haddock

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 boneless haddock fillets
- 2 button mushrooms
- Half a small red onion
- 6 tbsp natural yoghurt
- 2 tbsp lemon juice
- 2 crushed garlic cloves
- 2 tsp grated ginger
- Salt and pepper
- Some fresh coriander to garnish

Instructions

- 1) Preheat the oven to 190 degrees C.
- 2) In a small bowl, mix the yoghurt, lemon juice, garlic and ginger.
- 3) Finely chop the mushrooms and onion and add to the yoghurt mix.
- 4) Put the haddock fillets into an ovenproof dish and season, then spoon the mixture over the top of each one.
- 5) Cover and bake for about 15-20 minutes. The fish is cooked when it flakes easily. Garnish with some fresh coriander and serve with steamed veg.