

1 hour

Serves 4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 1/2 cup canola oil
- Knob butter
- 2 onions, chopped
- 3 carrots, peeled and chopped
- 2 stalks celery (leaves included), chopped
- 3 cloves garlic, chopped
- 1 box (500g) haddock fillets, defrosted
- 1 cup (250ml) fish or vegetable stock
- 1 cup (250ml) sour cream
- Handful fresh coriander, chopped
- Salt and milled pepper
- 6 (about 600g) large potatoes, peeled and sliced into 3mm-thick rounds
- 1/4 cup (60ml) melted butter

For serving:

- Side salad and fresh herbs

Method:

COOK'S NOTE

Cutting carbs? Swap the potato slices for cauliflower mash instead.

1. Preheat oven to 180°C.
2. Heat oil and butter in a large pot and fry onion, carrot and celery for 3-4 minutes.
3. Add garlic and fry for another minute.

4. Add haddock fillets and cover with stock.
5. Simmer gently for about 10 minutes.
6. Stir through sour cream and fresh coriander, and season well.
7. Transfer mixture to a large oven dish, greased with oil, non-stick spray or butter.
8. Arrange potato slices on top, overlapping, and brush with melted butter.
9. Bake for 35-40 minutes or until the potatoes are golden and cooked through.
10. Serve with a salad and garnish with herbs.

[Browse more daily dinner recipes here.](#)