

# Baked Haddock with Steamed Green Beans & Smashed Baby Potatoes



**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 20-25 minutes

**Allergens:** fish, dairy

**Kitchen Tools:** cutting board, knife, aluminum foil, 2 medium bowls, 2 baking sheets, oven mitts

## Ingredients:

4 pieces	Haddock fillets
1 each	Lemon
2 cups	Frozen green beans
1 pound	Baby potatoes (4 per person)
1 tbsp	Canola oil
½ tsp	Garlic powder
¼ tsp	Onion powder
4 tbsp	Butter, softened
½ tsp	Salt
¼ tsp	Black pepper

## Food Preparation Instructions:

1. Wash and dry your hands. Preheat oven to 425°F.
2. Place a cutting board on the countertop with a damp cloth underneath it to keep the board from sliding around.
3. Line one sheet pan with foil. Set aside, this will be used for cooking the fish.
4. Lightly grease a second sheet pan with oil or spray with cooking spray. Set aside, this will be used for your potatoes.
5. Cut the lemons in half. Place the flat side of the lemon on the cutting board and cut the lemons into 1/4-inch slices. Set aside.
6. In a small bowl, mix the butter, garlic powder, onion powder, salt, and black pepper.
7. Now follow the cooking directions on the next page.

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### Cooking Instructions

#### Prepare the baby potatoes:

1. Place the baby potatoes in a microwave safe dish with a cover. Add 2 tablespoons of water. Cover and place dish in the microwave. Cook the potatoes on high for 6-8 minutes, until they can easily be pierced by a fork.
2. Remove the dish from the microwave using oven mitts as it will be hot. Add the oil and stir to coat, being careful as the potatoes will be hot.
3. Pour the potatoes on the prepared baking sheet, and using a flat-bottomed mug, flatten the potatoes. Place the baking sheet in the oven and bake for 20 minutes.

#### While the potatoes are baking, you can prepare the fish.

1. Place each piece of fish on the foil-lined baking sheet.
2. Dry the top of each piece of fish by patting with a clean paper towel.
3. Top each piece of fish with 1 tablespoon of the garlic butter, spread it out, and place two ½ slices of lemon on top of the butter.
4. When the potatoes have 10 minutes left to cook, place the fish in the oven and bake alongside the potatoes for the remaining 10 minutes.
5. Cook green beans (see instructions below).
6. When the timer goes off, remove both the fish and potatoes from the oven.
7. Remove the lemon slices from on top of the fish before eating.
8. Turn off the oven.

#### After placing the fish in the oven, cook the green beans:

1. Place the green beans in a small pot with ¼ cup of water and a pinch of salt.
2. Turn the heat on to medium-high (7 on the dial), cover, and steam for 5 minutes.
3. Turn heat off and carefully drain water. Keep green beans covered until needed.

**To serve: Place one piece of haddock on each of 4 plates. Add 4 cooked potatoes and ½ cup of green beans per plate.**

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& Smashed Baby Potatoes**

Estimated cost to serve 4 people:



QUANTITY	INGREDIENT	RECIPE COST (estimated)
4 pieces	Haddock fillets	\$9.99
1 each	Lemon	\$0.99
2 cups (500 ml)	Frozen green beans	\$2.55
1 pound (454 g)	Baby potatoes (4 per person)	\$2.68
1 tablespoon (15 ml)	Canola or vegetable oil	\$0.09
½ teaspoon (2 ml)	Garlic powder	\$0.02
¼ teaspoon (1 ml)	Onion powder	\$0.01
4 tablespoons (60 ml)	Butter, softened	\$0.79
½ teaspoon (2 ml)	Salt	\$0.01
¼ teaspoon (1 ml)	Black pepper	\$0.01
<b>TOTAL: \$17.14/recipe = \$4.29/person</b>		