

SMOKED HADDOCK WITH ASPARAGUS BENEDICT

SERVES 2

INGREDIENTS

8–10 asparagus spears
350–400g smoked haddock
600ml milk
1 bay leaf
2 English muffins, sliced in half
2 eggs
Homemade Hollandaise sauce
Handful chives, chopped



- Place a pan of water on a high heat and bring to the boil.
- Snap off the woody bases of the asparagus spears, then cook in the boiling water for 2–3 minutes. Remove and set aside. Let the water continue to simmer gently.
- Place the haddock into a pan with the milk and bay leaf, and gently bring up to the boil. Around 1 minute after the liquid reaches boiling point, remove the fish with a slotted spoon and set aside in a warm place. Discard the liquid.
- Put the English muffins on to toast.
- Add a splash of vinegar to the simmering water and carefully crack in the eggs. Poach for 2–3 minutes.
- Put the toasted muffins onto a plate, place the smoked haddock on top and arrange the asparagus spears by the side. Place the poached egg on the haddock and spoon over some of the Hollandaise sauce. Garnish with chives and serve.