

ROASTED CURRIED HONEY HADDOCK WITH VEGGIE ORZO SALAD

Prep
20
Minutes

Cook
20
Minutes

Serves
4



1 PACKAGE OF HADDOCK FILLETS

This tasty roasted Haddock is served over a bed of orzo salad with a tangy lime yogurt dressing for a fresh and flavourful dish that can be served anytime of the year.



RECIPE

INGREDIENTS

Roasted Curried Honey Haddock:

- 4 fillets **Ocean Jewel Encore™ Haddock**, thawed
- 4 tsp Indian curry paste
- 4 tsp olive oil
- 4 tsp honey
- 1/4 tsp each of salt and pepper

Veggie Orzo Salad:

- 12 oz orzo pasta
- 3/4 cup plain Greek yogurt
- 2 tsp lime zest
- 1/4 cup lime juice
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp each salt and pepper
- 1/4 cup finely chopped fresh cilantro
- 2 green onions, thinly sliced
- 2 cups diced cucumber
- 1/2 cup diced red onion

METHOD

1. Preheat oven to 425°F.
2. Cook orzo according to package directions, drain and let cool.
3. Pat fish dry with paper towel. Stir together curry paste, olive oil, honey, salt and pepper. Place fish on parchment paper-lined baking sheet. Brush curry paste glaze evenly over top of fish and bake for 8-12 minutes or until fish just starts to flake and is cooked through.
4. Whisk together yogurt, lime zest, lime juice, oil, garlic, ginger, cumin, coriander, salt and pepper to taste. Stir in cilantro and green onions. Toss dressing with orzo. Stir in cucumber and red onion.
5. Divide salad among 4 plates. Top with Roasted Haddock.

Tip: This recipe is also great with a side of basmati rice or even rolled with naan and Asian slaw to create an interesting wrap.

