

# ROASTED SMOKED HADDOCK IN PARMA HAM WITH A POACHED EGG

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*SUCH A SIMPLE  
DISH THAT TASTES  
FANTASTIC. I CHEAT  
AND BUY REALLY  
GOOD READYMADE  
MASH.*

”

**CANNON**  
THE ART OF COOKING

## INGREDIENTS

- 4 nice large thick pieces of natural smoked haddock
- 4 slices parma ham
- 4 fresh free range eggs
- 4 good portions of mash potato
- 1 pack baby spinach
- 1 juice lemon
- 100mls olive oil
- Salt and pepper

## METHOD

Wrap the pieces of haddock in the parma ham slices and cook gently in a little oil in a non stick pan until crisp and golden on both sides.

Poach the eggs in a pan of simmering water with a splash of vinegar for 3-4 minutes.

Wilt the spinach in a pan with a little olive oil and season.

Whisk together the mustard, lemon juice and olive oil. Season.

## TO SERVE

Spoon a portion of the mash into the centre of each plate. Top with a little spinach and place the haddock on top.

Gently place the poached egg on top and drizzle the mustard dressing around the plate.