

HADDOCK PASTA



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3-4 pieces of haddock

600 ml milk

250 ml cream

3 tablespoons butter

1 teaspoon crushed garlic

fish spice

salt and pepper to taste

5 g parsley

300-500 g cooked macaroni or similar pasta

Heat milk, butter, garlic and spices in electric frying pan or pan.

Place fish into mixture and cook \pm 7 min a side on low heat.

Remove fish when cooked and place on cutting board.

Flake the fish, removing skin pieces and bones.

Turn up heat on pan and add cream, cook until mixture starts to thicken.

Dish flaked fish back in to pan and mix through.

In a large bowl mix the pasta with haddock (and sauce).

Dish up warm and top with Parmesan cheese.

Recipe posted by Leonie Kerkhofs Van Wyk