

EGGY BREKKIES 3 WAYS

Cheesy Haddock Omelette Wrap

Serves 2

INGREDIENTS

- 1 tbsp oil
- 2 Petite Sea Harvest Haddock fillets, defrosted
- ½ tub (230g) cream cheese, beaten until soft
- 2 tbsp freshly chopped chives
- Salt and pepper, to season
- 2 eggs
- 2 tbsp milk
- 1 tbsp butter
- 2 tortilla wraps
- ½ cup grated cheese

Serving suggestion:

Freshly chopped chives

METHOD

1. Heat the oil in a non-stick frying pan over a medium-high heat.
2. Fry the haddock fillets for 2-3 minutes on each side, or until they are cooked through. Remove from the pan and set the pan aside for later.
3. Remove the skin and flake the fish into a bowl.
4. Allow to cool slightly before folding through the cream cheese and chopped chives. Season with salt and pepper to taste.
5. Whisk the eggs and milk and season with salt and pepper to taste.
6. Melt half the butter in the same pan over high heat.
7. Pour in the egg mixture and swirl the pan to get an even layer. Immediately cover with a tortilla wrap.
8. Once egg mixture has just set, flip the egg and tortilla wrap over. Spoon half the haddock mixture in the centre of the egg, and sprinkle over half the cheese.
9. Fold the bottom edge of the tortilla up roughly 2cm, then fold the sides in.
10. Begin rolling carefully, ending seam side down. Let wrap rest in pan for 1 minute for the cheese to melt, then remove from pan and cut in half.
11. Garnish with freshly chopped chives and ENJOY!



Hash Brown Cups

Serves 6

INGREDIENTS



2 cups milk
1 bay leaf
1 box (400g) Sea Harvest Petite Smoked Haddock Fillets
1 tbsp butter
1½ tbsp flour
Salt and pepper, to season
½ cup grated cheese
5 potatoes, peeled and grated
6 eggs

Serving suggestion:

Chopped parsley

METHOD

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1. Combine the milk and the bay leaf in a pan and bring to a simmer.
 2. Place the haddock fillets into the milk and poach for 10-12 minutes, or until cooked through.
 3. Strain the milk into a jug and flake the fish, removing the skin. Set the milk aside.
 4. Add the butter to a pan over medium heat and melt until bubbling.
 5. Add the flour and stir to form a smooth paste. Cook for a minute.
 6. Gradually add the strained milk while whisking continuously, until it thickens into a white sauce. Season with salt and pepper to taste.
 7. Fold through the flaked haddock and grated cheese. Cover and set aside.
 8. Preheat the oven to 200°C and grease a 6-hole muffin tray.
 9. Squeeze out any moisture from the grated potato and transfer to a large bowl. Season well with salt and pepper.
 10. Scoop 3-4 tablespoons of grated potato into each muffin hole. Use your fingers to gently press the potato against the sides and bottom of each muffin hole to make a nest.
 11. Bake for 15-20 minutes, or until golden brown and crispy. **Chef's Tip: Keep an eye on them to ensure they don't burn!*
 12. Remove from the oven, spoon a tablespoon of haddock filling into each cup and crack an egg into each cup.
 13. Season with salt and pepper and bake for about 15 minutes, until the whites are set, or as per preference.
 14. Allow to cool slightly before removing carefully from the muffin tray.
 15. Serve two on a plate, garnished with. ENJOY!

Crispy Haddock Breakfast Stacks

Serves 6

INGREDIENTS

5 fillets (500g) Sea Harvest Petite Smoked Haddock
450g potatoes, peeled and quartered
1 tbsp butter
2 tbsp chopped parsley
2 eggs
Salt and pepper, to taste
½ cup flour
1 cup breadcrumbs
1 tbsp oil

To stack:

6 soft-fried eggs
6 tomato slices
Tomato sauce
Fresh rocket

METHOD

1. Preheat the oven to 180°C and grease a baking tray.
2. Place the Sea Harvest Petite Smoked Haddock fillets on the greased baking tray and bake in the oven for about 10-15 minutes, or until opaque and starting to flake.
3. When cool enough to handle, remove the skin and flake the fish into a large bowl. Set aside.
4. Place the potatoes in a pot, cover with water and bring to the boil. Cook for around 15 minutes, or until they are very soft.
5. Once cooked, drain the water completely and return to the pot, add the butter and mash until smooth.
6. Add the flaked fish, parsley and 1 egg and mix until well combined. Season with salt and pepper to taste.
7. Dip hands in flour and shape the mixture into 8-12 patties. Chill in the fridge until firm.
8. Once firm, coat each patty in the flour, dusting off any excess before dipping in the remaining egg (beaten), and lastly the breadcrumbs, ensuring that the patties are completely coated.
9. Set aside to chill in the fridge for at least 30 minutes.
10. Heat the oil in a frying pan over medium heat and fry the fish cakes until golden brown on each side.
11. Place a fishcake on a plate and top with tomato sauce, fresh rocket, tomato slices and a soft-fried egg before sandwiching with another fishcake to create a burger.
12. Serve immediately and ENJOY!