

# crusted haddock with salt and vinegar chips with green beans

SERVES 1 • READY IN 30 MINUTES OR LESS

## PHASE 1



### Ingredients:

- 1 portion fresh haddock
- ½ cup crushed IP salt and vinegar chips
- 1 tsp olive oil
- ⅛ tsp salt
- 1 cup green beans, tipped
- 1 tbsp IP Balsamic dressing
- IP compliant vinegar, for serving

Preheat oven to 425F.

Line baking sheet with parchment paper.

Bring water in a large pot to a boil.

Place crushed chips in a shallow layer on a plate.

Brush haddock with olive oil and salt on both sides and press haddock onto chips on both sides to coat evenly.

Place crusted haddock on baking sheet and bake for approximately 8-10 min or until cooked through.

While fish is cooking, place green beans in water and boil for 3 min or until they are bright green and tender. Drain and immediately toss with balsamic dressing.

Remove fish from oven and serve with green beans.

Freshen up taste of the fish with a couple dashes of compliant vinegar.