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Baked Haddock Parmesan with Jasmine Rice

(adapted from "Legal Seafood Cookbook")

1 1/2 - 2 Lbs of Haddock

Garlic Salt

1/2 Jar of Marinara

1/2 cup Breadcrumbs

1/4 cup Parmesan Cheese

Pre-heat oven to 425

Place Haddock in lightly oiled baking dish.

Sprinkle with Garlic Salt.

Spread Marinara sauce over and around the fish.

Combine Breadcrumbs and Parmesan Cheese, and sprinkle over the top of the fish.

Bake for 10-15 mins (depending on how thick the fish is) until fish is opaque and flakes easily.

Follow directions on the package of the Frozen Jasmine Rice to heat.

Steamed Broccoli

Cut Broccoli into florets.

Place in pan with about an inch of water in the bottom.

Sprinkle with Garlic Salt.

Bring to a boil, then turn down to low & simmer for 5 mins.

Drain, drizzle with olive oil or butter & serve alongside the fish & rice.

Wine Pairing Recommendation

White option - A very dry, not too acidic white wine would pair nicely with the fish, yet stand up to the tomato sauce at the same time. A French Chablis would be perfect.

(Or look for another un-oaked, not buttery, Chardonnay.)

Red wine option - a juicy Pinot Noir would pair well with the acidic tomato sauce, but not overpower the delicate flavor of the fish.