



# HADDOCK with ORANGE SAUCE

## INGREDIENTS:

1 ½ LBS. TEJA Haddock Fillets  
1 Cup Fresh squeezed Orange Juice  
2 Tbsp. Extra Virgin Olive Oil  
2 Tsp. Dijon Mustard  
1 Tsp. Butter

½ Cup White Wine  
1 Large Shallot, finely diced  
2 Tbsp. Italian Parsley, Chopped  
½ Cup Flour for Dredging  
Salt and Pepper to taste

## DIRECTIONS:

1. In shallow dish mix Flour, Salt and Pepper, then dredge fish completely.
2. Heat Olive Oil in Nonstick Pan over Medium-high heat. Once oil is hot place Fillets in pan and fry approximately 3 minutes per side or until lightly browned. Remove Fillets to plate and cover with foil.
3. Place chopped Shallots in the same pan and cook for 2-3 minutes or until slightly brown being aware to scrape as much of the residue left in the pan from frying the fish as possible.
4. Add White wine and reduce by half. Add Orange juice and Mustard and bring mixture to a boil. Once Boiling reduce to simmer until sauce is thick.
5. Add Butter and Parsley and incorporate until butter is melted.
6. Place Haddock Fillets onto thinly sliced Pan Fried Potatoes and steamed Carrots and top with Sauce.