

# Fillet of Haddock L'orange

*Chef John Hughes*

*The GYPSY KITCHEN*

*www.the-gypsy-kitchen.com*

## **Servings: 2**

*6 Small Green Onions, sliced*  
*8 Ounces Mushrooms, sliced*  
*2 Pieces Haddock Fillets, 6-8*  
*Ounces Each*  
*1/4 Teaspoon Thyme, Fresh,*  
*chopped*  
*1/4 Teaspoon Oregano, Fresh,*  
*chopped*  
*To Taste Sea Salt*  
*To Taste Cracked Black Pepper*  
*2 Tablespoons Olive Oil*  
*1/4 Teaspoon Low Sodium Soy*  
*Sauce*  
*1/2 Cup Dry White Wine*  
*1/4 Cup Orange Juice*  
*2 Tablespoons Parsley, Fresh, finely*  
*chopped*

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Preheat oven to 400 degrees.

Layer half of the green onions and mushrooms on bottom of greased 9-inch baking dish. Season both sides of the haddock fillets with sea salt and cracked black pepper. Lay fillets on top of green onions and mushrooms in baking dish. Sprinkle with thyme and oregano and then the rest of the green onions and mushrooms.

In small mixing bowl, combine the olive oil, soy sauce, wine and orange juice, mix well and pour over haddock and vegetables. Cover baking dish with aluminum foil and place in center of oven.

Bake for 20 - 22 minutes or until haddock is cooked through. Remove from oven, sprinkle with chopped parsley and arrange one fillet and half the vegetables on each plate.

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Per Serving (excluding unknown items): 386 Calories; 15g Fat (39.9% calories from fat); 40g Protein; 13g Carbohydrate; 3g Dietary Fiber; 110mg Cholesterol; 173mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat.