



Leftover Cullen Skink

PREP: 10 MINUTES
COOK: 15 MINUTES
SERVES 1

Recipe provided by
Sarah Skelton – Nutritionist, Fitness Professional, Food Author and Cook.

ENERGY	FAT	SATURATES	SUGAR	SALT
1424kJ 337kcal	8.1g LOW	4.7g LOW	14g LOW	1.3g LOW
17%	12%	24%	16%	22%

of your reference intake
Typical values per 100g: Energy 270kJ/64kcal

Ingredients

- 100g leftover mashed potato
- 50g leftover cooked cabbage, chopped
- 200ml whole milk
- 100g smoked haddock (un-coloured)
- 1 small white onion, peeled and diced
- 1 tbsp freshly chopped parsley
- ½ tsp dried chives
- 1 bay leaf
- 3 black pepper corns

Method

1. Place the milk into a small saucepan with the dried chives, black peppercorns, and bay leaf. Add the fish and slowly bring to the boil, then reduce to a simmer and cook for 3 minutes.
2. Using a slotted spoon carefully lift out the fish and set aside onto a small plate.
3. Strain the hot milk mixture into a jug and discard the herbs and peppercorns and keep the poaching milk.
4. Add a couple of sprays of the rapeseed oil to the saucepan, add the onions and cook for 2-3 minutes. Add the cooked cabbage and cook for a further minute.
5. Pour the poaching milk into the saucepan with the onions and cabbage and add then mix in the mashed potato to get a thicker consistency, bring to a simmer.
6. Flake the fish on the plate, discarding any skin. Add most of the flaked fish to the saucepan, reserving a little for serving and stir gently to combine. Cook for a further minute until heated through.
7. Stir in the parsley, and pour into a warmed soup bowl, top with the remaining flaked fish.