



## Pan Seared Haddock with Sun Dried To- matoes, Artichokes and Caper Sauce



 @asianandbe-  
yond

*chef*

*ingredients*

*how-to*



Shan is a native of Shanghai and a self taught home chef. Growing up in a household full of many great cooks, she was introduced to the kitchen from a young age by her mom and cooking eventually became her hobby and passion. It is a goal of Shan's to influence a healthy diet in her children through family meals. In the beginning of 2020, she decided to start a food blog on Instagram to record her home cooked meals, share her kitchen stories, recipes, and celebrate food with people around the world. Through Shan's passion, Asian-andbeyond was born, it is a place where she shares her love for all cuisines.

## Pan Seared Haddock with Sun Dried Tomatoes, Arti- chokes and Caper Sauce

1.5 Lbs Haddock	pose flour	stock
1/2 cup Sun Dried Tomatoes, diced	3 Cloves garlic l, minced	Fresh parsley, chopped
1/2 cup of Arti-choke hearts	Half a small on-ion, diced	2Tbs Olive Oil
1 tbsp Caper	1 cup white wine	Salt/ Pepper, to taste
1/2 cup all pur-	1 cup chicken	

1. Patted dry the haddock fillets with paper towels completely, then season salt and pepper gently
2. Coat fish well in flour and shake off excess
3. Heat olive oil in a heavy skillet pan, once the oil gets hot abs smoky, place the skin side of the fish down first, cook about 2-3 minutes until crispy. Flip it to cook the other side for another 2-3 minutes. Remove haddock from Pan and set aside
4. Add olive oil to the skillet, sauté onion and garlic for 2/3 minutes, add capers, cook for another 2 minutes
5. Add sun dried tomatoes, artichoke hearts, white wine and chicken stock, then put haddock back into the pan, reduce the liquid to half, season it with salt and fresh ground pepper to taste
6. Garnish with parsley - Bon Appetit!