

# Seafood Charlie Recipe

## Bacon-Wrapped Haddock over Chickpea Mash

A Seafood Charlie Recipe

Prep: 12 minutes

Cook/Bake: 18 minutes

Serves: 4

### Ingredients

8 slices smoked bacon

4 skinless haddock fillets (about 8 ounces each), each cut crosswise in half.

2 tablespoons unsalted butter

1 garlic clove, minced.

1/4 teaspoon crushed red pepper flakes.

1 can (15 ounces) chickpeas rinsed and drained.

1 teaspoon lemon zest.

1/2 teaspoon ground black pepper.

1/8 teaspoon ground allspice

1 can (14.5 ounces) diced tomatoes.

2 teaspoons chopped fresh chives.

1/2 teaspoon chopped fresh thyme leaves plus additional sprigs for garnish (optional) Lemon wedges for garnish.

### Recipe

1. Preheat oven to 375 degrees. Place bacon in single layer on rimmed baking pan. Bake 10 to 12 minutes or until bacon is 3/4 of the way cooked through. Transfer bacon to paper towel-lined plates to drain.
2. Line separate rimmed baking pan with aluminium foil or parchment paper. Wrap each piece of fish with 1 piece of bacon and place on prepared pan, tucking ends of bacon under fish to secure. Bake fish 8 to 10 minutes or until fish turns opaque throughout and reaches an internal temperature of 145 degrees.
3. Meanwhile, in a large nonstick skillet, melt butter over medium heat. Add garlic and crushed red pepper and cook 2 minutes, stirring occasionally. Add chickpeas, lemon zest, black pepper and allspice, and cook 2 minutes, stirring occasionally. With back of fork, slightly mash chickpeas leaving some whole. Add tomatoes with their juice, chives and thyme, and cook 2 minutes or until heated through, stirring occasionally. Makes about 2 1/2 cups.
4. Serve fish over chickpeas mash garnished with lemon wedges and thyme sprigs, if desired.