

Rachel's Kitchen

Recipe of the Week

Haddock Mornay

Ingredients:

2 large haddock fillets

1 large bag Baby Leaf Spinach

300ml milk

2 leeks

150ml vegetable stock

45g butter

100g grated cheddar

Pinch of grated nutmeg

45g plain flour

Your choice of vegetable accompaniment

Wholemeal breadcrumbs

2 tbsp chopped fresh parsley

Method:

Place the haddock into a deep frying pan and cover with the milk and vegetable stock. Bring to the boil, reduce the heat and simmer for 6 – 8 minutes. Lift the fish from the pan and reserve the poaching liquid. Flake the fish and keep warm. Melt the butter in a saucepan and stir in the flour, cooking for one minute. Slowly add the poaching liquid, whisking to combine until you have a smooth sauce. Stir until the sauce thickens, add the cheddar and stir until melted, then remove the sauce from the heat. Finely slice the leeks and add to a sauce pan with the spinach and 3 tbsps water and a pinch of nutmeg. Cover and cook until the spinach is wilted and the leeks softened. Cover the base of a large, oven proof dish with the leeks and spinach, scatter over the flaked haddock and top with the cheese sauce. Make together the breadcrumbs and chopped parsley and scatter over the top, finishing under a hot grill until the crumbs are crispy.

Rachel says: "Add your favourite vegetable as a side dish to add to your five a day and serve with new potatoes to balance the meal with carbohydrates. A really tasty way to enjoy fish!"

- 3 of your 5 a day! Healthy source of lean protein! Spinach provides a great source of vitamin C! •**

