

## Fish and Spinach Mornay

**Serves 10**

Ingredients	
<b>800g cod, haddock, river cobbler or tilapia</b>	<b>50g grated cheddar cheese</b>
<b>500g Sweet Potato, peeled and chopped for mashing</b>	<b>200g spinach - Fresh or frozen</b>
<b>50g unsaturated spread</b>	<b>400g Yellow Vegetables</b>
<b>50g plain Flour</b>	

- **METHOD:**
- Pre heat the oven to 180c, 350F, Gas 4
- Poach the fish for 10 - 15 minutes in the milk, flake into bite sized pieces and put to one side.
- If using fresh spinach wilt it in a saucepan with a splash of water over a high heat quickly, if using frozen spinach, defrost and squeeze out all excess water.
- In a saucepan melt the spread and add the flour to make a roux, cook the roux for 3-4 minutes. In another pan, heat the milk and gradually add to the roux, stirring all the time, to make a smooth white sauce. Stir in cheese
- In a suitable oven proof dish place the spinach then the flaked fish. Top with the cheese sauce
- Place in a hot oven to make the top a golden brown
- Meanwhile boil the sweet potato for 10-15 minutes and mash. Cook the yellow vegetables.
- Serve the fish Mornay with a serving spoon of sweet potato and 40g of yellow vegetables.



- ✓ **COOK'S TIP: FOR PUREE DIETS, PREPARE EXTRA SPINACH AND SWEET POTATO TO MAKE A PUREE**
- ✓ **FOR DAIRY FREE DIETS, USE SOYA DAIRY FREE SPREAD, SOYA MILK AND MELTING SOYA CHEESE**
- ✓ **FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR**
- ✓ **FOR VEGETARIAN DIETS, OMIT FISH (IF NOT EATEN) AND REPLACE WITH SLICED HARD BOILED EGGS (IF EATEN) OR QUORN PIECES**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
249	19	10	22	3	0.5	1.2	154