


White fish in a herb cream sauce with buttered green beans and mashed sweet potato

Serves 10

Ingredients	
1 kg white fish- tilapia, rive cobbler, cod, haddock	40g bunch fresh parsley
2 (300g) onions, peeled and chopped	1.5kg sweet potato, peeled and chopped for boiling
1 litre milk	400g green beans
50g unsaturated spread	10g butter
50g flour	

- METHOD:
 - Preheat the oven to 180c, 350F, Gas 4
 - Check the fish for any bones and lay in a shallow oven proof dish, cover with milk and place in the hot oven to cook (approx. 15 minutes)
 - Meanwhile make the sauce. Place the chopped onion and spread in a saucepan, melt the spread and cook the onion until softened. Add the flour to make a roux and cook for 3-4 minutes
 - Remove the fish from the oven and place on a plate.
 - Keep the milk
 - Gradually add the milk used to cook the fish to the roux stirring all the time until you have thick, shiny sauce
 - Add the parsley to the sauce.
 - Cook the sweet potato and the green beans. When the potato is soft, drain and mash.
 - Melt the butter over the beans
 - Place the fish pieces back in to the cream herb sauce and gently heat.
 - Serve the fish with sauce and mashed sweet potato and green beans immediately
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- ✓ Cook's tip- prepare extra sweet potato and green beans to make a puree for weaning diets
 - ✓ FOR DAIRY FREE DIETS USE SOYA ALTERNATIVE TO MILK AND SOYA SPREAD TO MAKE THE SAUCE
 - ✓ FOR WHEAT FREE DIETS USE WHEAT FREE FLOUR
 - ✓ FOR VEGETARIAN DIETS OMIT THE FISH AND USE QUORN FILLETS INSTEAD

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
267	14	7	38	2	0.5	1.8	306