

May

FISH WITH CREAMY SPINACH

May is an ideal opportunity to include some vibrant green vegetables

This easy to make meal is packed full of healthy fish protein and nutrient dense spinach



Spinach is a plant-based source of Iron needed to transport oxygen in the blood and to support immune system.

RECIPE INGREDIENTS

Serves 4

- 4 tablespoons Vegetable Oil (Rapeseed or Olive)
- 2 Cloves Garlic, crushed
- 2 large bunches Spinach (well washed and chopped) (160g)
- 80ml of Single Cream or Fromage Frais (fat free if possible)
- Pinch of Ground Nutmeg
- 600g White Fish (cod, pollack, coley or haddock, bones removed)
- 2 tablespoons Wholemeal Flour (50g)
- Pinch Ground Black Pepper

COOKING INSTRUCTION AND NOTES




1. Heat half the oil in a large pan and fry the garlic for 30 seconds.
2. Add the spinach in batches stirring so that it wilts down.
3. Add the cream or fromage frais reduce heat and simmer for 3 minutes, then add nutmeg.
4. Place the fish in plastic bag with flour and some pepper. Seal and shake to coat.
5. Heat the remaining oil in large nonstick pan and cook fish for approximately 2-3 minutes either side until golden and cooked through.
6. Serve the fish with creamed spinach.

For children under 1 year of age: For infants requiring pureed or mashed texture the meal can be blended or fork mashed. Look out for fish that is already deboned, or ensure all bones are removed.

Serving Suggestions: Serve with brown rice, pasta, or potatoes.

Tips: Bags of fresh spinach can be bought in most supermarket. Checked the label to see if it has already been washed.

Food Labelling and Allergen Information

EU Label values per 100g				Serves 4	
	PER 100G	%RI	PER SERVING	%RI	
Energy(Kj)	625 kJ	7%	1089 kJ	13%	<p>CONTAINS:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  WHEAT </div> <div style="text-align: center;">  MILK </div> <div style="text-align: center;">  FISH </div> </div>
Energy(kcal)	149 kcal	7%	260 kcal	13%	
Fat	7.7 g	11%	13 g	19%	
<i>of which saturates</i>	0.6 g	3%	1 g	5%	
Carbohydrate	5.3 g	2%	9.2 g	4%	
<i>of which sugars</i>	0.6 g	1%	1.1 g	1%	
Fibre	1 g	4%	1.8 g	7%	
Protein	14 g	28%	25 g	50%	
Salt	0.13 g	2%	0.22 g	4%	