



The flavours of haddock and spinach complement each other perfectly. For this quick supper dish, all you need do is to make a white sauce and add some cooked spinach and haddock - leftover haddock is ideal!

### Information

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 30-35 minutes

**Syns per serving:**

Green: **7**

Original: **3½**

### Ingredients

450g young leaf spinach

225g tomatoes, sliced

2 x 170g cooked smoked haddock fillets, flaked

3 tbsps chopped parsley

1 level tbsp grated Parmesan cheese

25g fresh white breadcrumbs

#### For the White Sauce:

2 level tbsps cornflour

275ml skimmed milk

150g fat-free natural fromage frais

Pinch of nutmeg

Salt and freshly ground black pepper

### Method

**1.** Remove any hard stems from the spinach. Wash thoroughly, shake dry and place in a pan over a low heat. Cover and cook, shaking occasionally, for 2-3 minutes, until the leaves wilt and turn bright green. Drain thoroughly, pressing down on the spinach with a saucer to squeeze out any water. Chop the spinach finely.

**2.** Make the white sauce. Blend the cornflour with a little of the milk. Heat the remaining milk in a saucepan and bring to the boil. Stir in the cornflour mixture and cook, stirring, for 1-2 minutes, until thick and smooth. Remove from the heat and beat in the fromage frais, nutmeg and seasoning.

**3.** Arrange the sliced tomatoes across the base of a shallow baking dish. Spread the spinach over the top and then cover with the flaked smoked haddock.

- 4.** Sprinkle with the parsley and then pour the white sauce over the haddock mixture. Sprinkle with Parmesan and breadcrumbs.
  
- 5.** Bake in a preheated oven at 200°C/180°C Fan/Gas Mark 6 for 20-25 minutes, until the top is crisp and golden brown.