

Haddock with Creamed Spinach & Peppers

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Haddock Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1/2 Red Bell Pepper
- 1 Garlic (clove, minced)
- 8 cups Baby Spinach (roughly chopped)
- 1/3 cup Goat Cheese
- 2 1/2 tbsps Organic Cream

NUTRITION

AMOUNT PER SERVING

Calories	312	Cholesterol	118mg
Fat	14g	Sodium	901mg
Carbs	8g	Vitamin A	12363...
Fiber	3g	Vitamin C	72mg
Sugar	3g	Calcium	180mg
Protein	39g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper. Place the fish fillets on the baking sheet and season with half of the oil, half of the salt and half of the pepper. Bake for 10 to 12 minutes or until cooked through and fish easily flakes with a fork.
- 02 Meanwhile, heat the remaining oil over medium heat in a large non-stick pan. Add the bell pepper and garlic and cook 3 to 5 minutes until the pepper is just tender. Add the spinach to the pan and cook until spinach has wilted.
- 03 Add the goat cheese, cream and the remaining salt and pepper to the pan. Stir to combine with the spinach and peppers until the goat cheese has melted and the vegetables are well combined with the creamy sauce.
- 04 Divide the creamed spinach and peppers between plates and top with the baked fish fillets. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is 1 fish fillet and approximately 1/2 cup of creamed spinach and peppers.

MORE FLAVOR

Serve with a lemon wedge or add a pinch of nutmeg to the creamed spinach and peppers.

NO HADDOCK

Use another fish like cod, halibut or salmon.

STOVE TOP METHOD

Pan-fry the fish instead of baking it for a crispy exterior.

