



Smoked fish & cherry tomato rarebit

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter
- ☐ 50 g flour plain
- ☐ 1 dash worcestershire sauce
- ☐ 600 ml milk
- ☐ 100 g cheddar cheese grated
- ☐ 2 tbsp coarse mustard
- ☐ 50 g butter unsalted
- ☐ 1 garlic clove crushed

- ☐ 550 g cherry tomatoes halved
- ☐ 900 g pkt spinach fresh
- ☐ 1 pinch nutmeg freshly grated
- ☐ 550 g haddock smoked for bones
- ☐ 50 g cheddar cheese grated

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ microwave
- ☐ colander

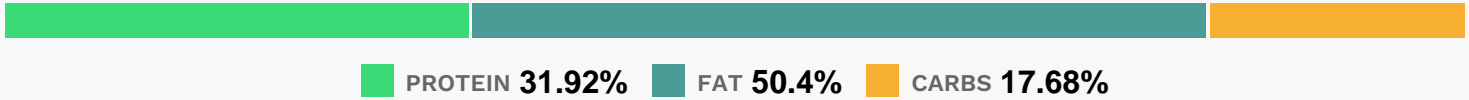
Directions

- ☐ Preheat the oven to fan 170C/ conventional 190C/gas
- ☐ To make the rarebit sauce, melt the butter in a heavybased saucepan and stir in the flour and Worcestershire sauce. Cook, stirring, for 1 minute.
- ☐ Remove the pan from the heat and slowly whisk in the milk until combined. Return to the heat and slowly bring to the boil, stirring or whisking constantly. Simmer for 2 minutes then mix in the grated cheese and mustard, season well with salt and pepper and set aside.
- ☐ For the fish, melt a third of the butter in a large non-stick frying pan, add the garlic and cook until just coloured. Immediately add the tomatoes and toss them with the garlic butter, cooking just enough to heat through. Tip the mixture into the base of a shallow baking dish (a rectangular 28 x 22cm dish is ideal), and spread in an even layer. Melt half the remaining butter in the frying pan and add some of the spinach, cook over a high heat until wilted then tip into a colander. Repeat with the remaining butter and spinach, then press the spinach to drain off any excess liquid, season with salt, pepper and the nutmeg and arrange to cover the

tomato layer. Then cover with the fish fillets.

- ☐
- Heat the rarebit sauce and spoon evenly over the fish, spreading it with the back of a spoon so the fish is completely covered, then sprinkle over the grated cheese. (The dish may now be frozen for up to 1 month. To cook, defrost in the microwave or overnight in the fridge and continue as stated adding an extra 10 minutes to the cooking time.)
- ☐
- Bake in the oven for about 30 minutes or until brown and bubbling and the fish is cooked through (check by pushing a knife into the fish the flesh should flake easily). You may like to finish off the rarebit under the grill to brown the top more.
- ☐
- Serve straight from the dish.

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:11.07, Inflammation Score:-10, Nutrition Score:60.267391038978%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 713.77kcal (35.69%), Fat: 40.8g (62.76%), Saturated Fat: 23.43g (146.42%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 25.55g (9.29%), Sugar: 12.19g (13.55%), Cholesterol: 215.69mg (71.9%), Sodium: 1713.95mg (74.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.13g (116.26%), Vitamin K: 1094.02µg (1041.92%), Vitamin A: 23137.58IU (462.75%), Folate: 507.26µg (126.81%), Selenium: 82.63µg (118.04%), Manganese: 2.35mg (117.53%), Vitamin C: 94.88mg (115%), Phosphorus: 851.3mg (85.13%), Calcium: 775.34mg (77.53%), Magnesium: 300.59mg (75.15%), Potassium: 2423.31mg (69.24%), Vitamin B6: 1.24mg (61.94%), Vitamin B12: 3.48µg (57.92%), Vitamin B2: 0.98mg (57.54%), Iron: 9.76mg (54.2%), Vitamin B3: 10.32mg (51.59%), Vitamin E: 7.07mg (47.11%), Vitamin B1: 0.5mg (33.55%), Zinc: 4.26mg (28.37%), Fiber: 6.64g (26.56%), Copper: 0.5mg (24.91%), Vitamin D: 3.21µg (21.43%), Vitamin B5: 1.4mg (13.98%)