

Haddock with Creamed Spinach and 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 Cream, Half & Half

NUTRITION

AMOUNT PER SERVING

Calories	312	Iron	4mg
Fat	14g	Vitamin D	35IU
Carbs	8g	Folate	270µg
Fiber	3g	Magnesium	142mg
Protein	39g	Zinc	1mg
Vitamin C	72mg		

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

RECIPE ID 632

SERVING SIZE

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

NO HADDOCK

Use another fish like cod, halibut or salmon.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.