

BAKED SMOKED HADDOCK WITH KALE, TOMATO AND GINGER

A great fish dish topped with a versatile tomato sauce that is very low in fat.

Serves 6

Per serving: 390 calories, 2% (8.9g) fat

Prep time: 10 mins

Cook Time: 30 mins

INGREDIENTS

3 baby leeks, finely chopped
150ml (1¼ pint) dry white wine
2 x 400g cans chopped tomatoes
1 x 2.5cm (1in) piece ginger, finely chopped (or
1 teaspoon EasyGinger)
2 tsps vegetable bouillon stock powder
250g (8oz) fresh kale (or spinach)
4 smoked haddock fillets

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4.
2. Preheat a non-stick pan and spray with Fry Light rapeseed oil. Add the chopped leeks and dry-fry until soft. Add the wine, tomatoes, ginger and stock powder and simmer gently for 15 minutes until the sauce has reduced.
3. Chop the kale (or spinach) and place in the bottom of an ovenproof dish. Season the fish on both sides with black pepper and place on top of the kale/spinach.
4. Pour the sauce over the fish and cover with a piece of greaseproof paper.
5. Bake in the oven for 6 - 8 minutes until firm but not overcooked.

