

Haddock & Spinach Cheese Melt



Serves 2 Prep 5 mins

Cooking 25 mins

Easy

Ingredients

200g baby spinach

85g low-fat soft cheese

2 x 140g pieces skinless haddock

1 large tomato, sliced

2 tbsp grated parmesan

1. Heat oven to 200C/180C fan/gas 6. Pile the spinach into a large pan over a medium heat, turning it over and over until wilted. Remove from the heat and drain off the excess liquid.
2. Mix spinach with the soft cheese, then place in the bottom of a small baking dish and sit haddock pieces on top. Lay sliced tomatoes on top of the fish and sprinkle with the Parmesan. Bake for 15-20 mins (depending on thickness of the haddock), or until the fish flakes easily.