

# Smoked Haddock Rarebit with Spinach



**Serves 2**

**Prep 15 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

2 x 120g undyed smoked haddock fillets  
300g spinach  
knob of butter

## **For the rarebit topping**

80g strong cheddar, grated  
1 tbsp beer or sparkling water or apple juice.  
1 tbsp beaten egg  
1 tsp Dijon mustard

1. Put the haddock skin-side down in a pan and cover with cold water. Bring to the boil over a medium heat, allow the water to bubble momentarily, then turn off the heat and leave the fish in the water to cook for 3-4 mins. Remove to a baking sheet.
2. Mix the rarebit ingredients together in a bowl and smooth it over the haddock fillets. Grill them under a medium-high setting for a few minutes until golden.
3. Meanwhile, wilt the spinach for a minute or two in a pan, stir in the butter and season.
4. Divide the spinach between two plates and top with a piece of haddock. If you want some carbs, serve on top of buttered sourdough toast or with new potatoes.