

Creamy Poached Fish

Serves 1



Typical values per portion

Energy	1822kJ /438kcal
Fat	24.2g
Of which saturates	15.4g
Carbohydrate	11.0g
Of which sugars	10.9g
Protein	43.7g
Fibre	0g
Salt	2.4g
Vitamin D	10.0µg
Calcium	1211mg

Handy Tip:

This is perfect for anyone who wants something simple or needs a low residue diet.

It is easy to cook several portions of fish by adding all the ingredients into the dish at the beginning and baking in the oven.

Ingredients:

150g Piece of boned white fish such as cod, haddock, plaice, pollock, coley, dab, flounder etc from sustainable sources

Small knob of butter

200ml Full cream milk

2 tablespoons (80g) **The Laughing Cow® Nutrient Fortified**

Salt and black pepper to taste

ALLERGENS: Milk, Fish
For Allergens, always check labelling of specific ingredients used

Method:

1. Lightly grease a shallow pan such as a frying pan with butter
2. Pour in the milk and add seasoning to taste
3. Lay in the fish and poach for 10 minutes or until the fish will easily flake with a fork
4. Remove the fish and keep warm on a plate
5. Add 2 tablespoons of **The Laughing Cow® Nutrient Fortified** to the milk mixture in the pan and stir through until hot
6. Pour onto the fish and serve

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

