# **Creamy Poached Fish**

Serves 1



#### Typical values per portion

	•
1822kJ	1438kcal
	24.2g
turates	15.4g
te	11.0g
gars	10.9g
	43.7g
	Og
	2.4g
	10.0µg
	1211mg
	turates te

## 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

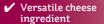
Salt and black pepper to taste

#### 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
- 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
- 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



- Rich in Protein
- ✓ Rich in Calcium





