

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Fish Rarebit

Perfect for a brunch, lunch or supper dish

Serves 4

360g pack fish fillets, Smoked Haddock,
Hamour or Salmon
125g baby spinach
1 tbsp wholegrain mustard
1 tsp flour
4 tbsp milk
½ tsp Worcestershire sauce or to taste
200g grated cheddar cheese

4 slices of crusty bread
1 egg yolk
Salad
80g bag watercress, spinach or rocket
2 oranges, peeled and cut into 6 slices
each
Extra virgin oil or salad dressing for
drizzling

Method

Preheat the grill to high. Put the fish on a baking sheet and grill for 18 minutes or until opaque and cooked through. Cover and set aside and keep warm. Put the spinach in a colander and pour over boiling water to wilt. Use the back of a spoon to remove any excess water. Set aside.

In a non-stick saucepan mix the mustard, the flour and 4 tsp milk into a paste. Add the rest of the milk and the Worcestershire sauce and cook over a low heat. Add the cheese and stir until melted. Heat gently but do not boil or the sauce will be stringy. Remove from the heat.

Lightly toast the bread, place on baking sheet. Divide the spinach between the toasts and top each with a piece of fish. Beat the egg yolk into the sauce and spoon over the fish. Grill for 2-3 minutes until golden and bubbly.

Divide the salad between each plate and serve with the rarebits. Drizzle the salad with olive oil or salad dressing.

Per person Approx

Cal 432

Fat 19g

Carbs 32g

Protein 34g

Cost approx 22 AED per head dependent on fish choice