

Fish with Spinach and Beans

Yet another Waitrose recipe card but it may be an improvement on my Cod on a bed of Spinach idea. The original specifies salmon but cod or hake would benefit from this treatment, too.

Planning

serves:	2
prep time:	1 mins
cooking time:	1 hr

Ingredients

2 fish fillets (Salmon, Cod or Hake), skinned
1 onion, finely chopped
1 clove garlic, finely chopped
1 tbs capers, drained
260g spinach
1 can cannellini beans, drained (liquid reserved)
½ lemon, zested and wedged
3 tbs crème fraîche
Salt & pepper

Method

Sweat the onion and garlic with a pinch of salt for about 8 minutes, 'til soft and turning golden. Add the capers and cook for 2 minutes more.

Stir in the spinach in batches to wilt. Stir in the beans with a couple of tablespoons of bean liquid. Stir in the lemon zest and crème fraîche.

Nestle the fish fillets into the pan, cover and simmer gently for about 8 minutes until the fish is cooked through.