

Cheesy Topped Fish

4 x 170g (6 oz) chunky haddock or coley fillets, skinned

salt and black pepper

15g (half an oz) butter or margarine

85g (3 oz) plain fromage frais

0.5 x 5ml spoon (half a teaspoon) wholegrain mustard

4 spring onions, finely chopped

55g (2 oz) grated double Gloucester cheese

4 small tomatoes, thinly sliced

watercress, to garnish

Serves 4

NUTRITIONAL CALORIES PER PORTION

(APPROX): 256 Kilocalories;

38g Protein; 11g Fat; 3g Carbohydrate; 0g Fibre



Place the fillets onto a greased grill pan. Season and dot with butter or margarine.

Grill under a moderate heat for 5 minutes. Meanwhile mix the fromage frais, mustard, spring onions and cheese together in a small bowl.

Arrange the tomato slices over the fish. Spoon and spread the fromage frais mixture over. Return to the grill and continue to cook for a further 8-10 minutes until the fish is cooked and the cheese mixture golden brown.

Serve with a mixed salad and crusty French bread.