

## Quick Cheesy Fish Gratin

Serves 4

- Serve with green vegetables and baby potatoes.
- You can use low-fat milk if you wish.
- Fry off some sliced mushrooms and add them to the sauce if you wish.
- Use any white fish that you like such as hake, cod or haddock.
- If using flat fish such as plaice you can reduce the cooking time a little.
- Add some chopped parsley to the sauce if you wish.

25g Lee Strand butter

350ml Lee Strand milk

1 tsp French mustard

50g Grated cheddar for topping

25g Flour

50g Grated cheddar cheese (more if you prefer)

4 x 200g portions of white fish

100g Wholemeal breadcrumbs

1. Melt the butter in a saucepan placed over a medium heat.
2. Stir in the flour to form a paste. Remove the paste from the pan and place on a plate to cool.
3. Now add the milk to the saucepan and bring to the boil.
4. Whisk the paste gradually into the milk. An electric hand blender makes this very easy.
5. Bring to the boil and then reduce to a simmer over a low heat.
6. Simmer for 15 minutes, stirring occasionally.
7. If the sauce thickens too much at any stage, add a little more milk.
8. Season with a little salt and pepper, stir in the cheese and mustard
9. Place the fish in a lightly buttered oven proof dish and season with salt and pepper.
10. Pour over the cheese sauce.
11. Mix together the breadcrumbs and 50g grated cheddar. Sprinkle over the fish.
12. Pre-heat your oven to 180°C, gas mark 4.
13. Place the fish in the oven and cook for 20-25 minutes until golden and the fish is cooked through.