



# BACON WRAPPED FISH

ON CREAMY LEEKS

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 45 minutes

Let's make the most of warming comfort food while we can! This tasty bacon wrapped fish is baked on creamy leeks and served on a mixed veggie mash.



## LEEKES

- 1 large leek
- 2 cloves garlic
- 1 Tbsp butter
- 1 tsp yellow mustard seeds
- 1 Tbsp plain flour
- 1 cup chicken stock (250ml)
- 1/2 cup milk (125ml)
- 3/4 cup grated cheddar cheese (75g)
- 80g baby spinach (2.8oz)

## POTATOES

- 800g potatoes (1lb 12oz)
- 1 1/2 cups frozen mixed veggies (225g)
- 1 Tbsp butter
- 2 Tbsp milk

## FISH

- 500g firm white fish fillets (4 fillets / 1lb 2oz)
- 250g streaky bacon (8.8oz)

### 1. PREPARE LEEKS AND POTATOES

Trim ends off leek and discard. Wash leek well, then thinly slice. Crush garlic. Peel and chop potatoes, place in a large saucepan and cover with water. Preheat oven to 190°C (375°F) fan bake.

### 2. COOK LEEKS

Melt butter in a large pot or frying pan over medium heat. Add leeks, garlic and mustard seeds and cook, stirring frequently, until leeks are soft (5-10 minutes).

3. Stir in flour and cook for 1 minute. Gradually stir in stock, then milk, to form a smooth sauce. Simmer for 2-3 minutes, until sauce has thickened slightly. Stir in cheese and spinach. Season to taste with salt and pepper. Transfer mixture to a roasting dish large enough to fit leeks and fish.

### 4. COOK FISH AND POTATOES

Season fish with salt and pepper. Wrap each fillet in bacon and place on top of the leeks. Bake for 20-25 minutes, until bacon is starting to brown and fish is cooked through.

5. As soon as fish goes in the oven, bring potatoes to the boil and cook for 15 minutes. Add mixed veggies and boil for a further 5 minutes. Drain well, then add butter and milk and mash until creamy. Season to taste with salt and pepper.

### 6. SERVE

Divide mashed potato between warmed serving plates. Top with leeks and fish.



**WINE MATCH:** I like a Pinot Gris with this meal.

## **BACON WRAPPED FISH RECIPE NOTES**

**GLUTEN-FREE OPTION:** Swap plain flour for plain gluten-free flour or gluten-free cornflour. Use gluten-free chicken stock and make sure bacon is gluten-free.

**INGREDIENT SWAPS / NOTES:** If you don't want to use frozen mixed veggies, you can use broccoli instead. Cut into small florets and add at the same time as you would the veggies. Chicken tenderloins are a great alternative to fish (better than chicken breasts as they will cook quicker). Increase cooking time to 25 minutes and make sure they are fully cooked through.

**STORING AND REHEATING:** Store individual portions in containers in the fridge and reheat in the microwave.