



## Lemon Basa with Spinach Mornay



2 servings



40 mins

### INGREDIENTS

2 Basa Fillets  
120g Spinach  
1 Lemon  
4 white potatoes  
20g Italian hard cheese  
100ml Oat milk or equivalent  
1 tablespoon flour  
1 tablespoon butter

### NOTES

You will also need tin foil

300 cals 26g protein

### DIRECTIONS

1. preheat the oven to 180°C.
2. Slice the potatoes skin on in to 1cm discs and add them to a baking tray making sure they don't overlap.
3. Drizzle with olive oil and season with salt and pepper. Cook for 20-25mins until crispy.
4. grate your cheese, zest half the lemon and wash your spinach.
5. Add your basa to a baking tray with olive oil, salt and pepper and then scatter with Lemon zest. Cook for 12-15mins until the basa is cooked through.
6. melt 1 tablespoon butter in a saucepan over a medium heat. Once melted add 1 tablespoon of flour and stir for 1-2mins with a wooden spoon until a paste forms.
7. gradually mix in 200ml milk and keep stirring. Cool for 5 mins until it becomes a thick sauce. Then remove from the heat until everything else is ready.
8. Once the fish is cooked return the sauce to the heat and add the cheese and spinach. Keep stirring until the cheese has melted and the spinach has wilted. If it becomes too thick add some water.
9. serve the lemon basa with the potatoes and spinach mornay.