



## CREAMY FISH PASTA WITH SPINACH & COURGETTES



MINUTES TO PREPARE  
5



MINUTES TO COOK  
20



SERVES  
4

### INGREDIENTS

**600g fish pie mix**  
**1 tablespoon rapeseed oil**  
**1 onion**, peeled and finely diced  
**3 cloves of garlic**, peeled and crushed  
**1 courgette**, cut lengthways into quarters and then thinly sliced  
**150g washed spinach**  
**100ml white cooking wine**  
**200ml double cream**  
**1/2 teaspoon Dijon mustard**  
**Juice of 1 lemon**  
**Salt and pepper**  
**200g spaghetti**

### LET'S GET COOKING

- 1** Begin by preparing the water for the pasta. Fill a large saucepan with water, put a lid on and bring it to the boil ready to cook the pasta.
- 2** While it is coming to the boil, heat the rapeseed oil in a large frying pan over a medium heat and add the onions and courgettes. Cook slowly until they start turning golden brown at the edges. This will take up to 10 minutes. Add the garlic, stir, and cook for 2 minutes.
- 3** Add the wine to the onions and courgettes. Turn up the heat and let it reduce until the wine has almost disappeared.
- 4** Next add the cream, mustard and lemon juice to the wine and bring it back to the boil. Simmer for 1 minute. Add the fish and spinach, and stir and cook over a medium heat for 5 minutes, or until flaky.
- 5** Next add the cream, mustard and lemon juice to the wine and bring it back to the boil. Simmer for 1 minute. Add the fish and spinach, and stir and cook over a medium heat for 5 minutes, or until flaky.
- 6** Season well with salt and pepper. Serve with a bowlful of pasta and lashings of creamy sauce and a couple of lemon wedges.

*"There's a warning here... I've broken all rules and added double cream into the sauce. This is such a quick and easy recipe that I have wanted to share with you, and a great one for getting all the family to eat fish, so I had to just go for it. Nothing substitutes cream here, as it's needed to thicken the sauce as when you boil double cream, it thickens, and even more so when you add lemon juice. So this time round cream it is. Lap it up and don't feel guilty. Life is about balance right? And there's still plenty of calcium in there."*