Dinner

Baked Cod with Mustard Cheese Sauce

Thick chunks of cod are coated in a smooth cheese sauce livened up with mustard and chopped herbs, then baked until the fish flakes easily.



Low sugar

15 min	259	8.5 g	2.5 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 15 g vegetable oil spread
- [ ] 15 g plain flour
- [ ] 100 ml milk
- [ ] 25 g strong Cheddar or other hard cheese, grated
- [ ] 1 tsp English mustard
- [ ] 2 tbsp chopped mixed herbs
- [ ] freshly ground black pepper
- [ ] 2 thick chunks cod fillet (or any other chunky white fish) approx. 150g each

Method

- [ ] 1 Heat the oven to 200°C, gas mark 6.
- [ ] 2 Melt the vegetable oil spread in a small pan, whisk in the plain flour and cook for 1 minute.
- [ ] 3 Add the milk a little at a time, whisking continuously, then simmer for a minute until you have a thick sauce.
- [ ] 4 Stir in the grated Cheddar or other hard cheese, the English mustard and the chopped mixed herbs, then season with freshly ground black pepper.
- [ ] 5 Arrange the chunks of cod fillet on a baking sheet and spoon the sauce over each piece.
- [ ] 6 Bake for about 15 minutes until the fish is cooked through.
- [ ] 7 Serve hot.

Nutrition Facts

Per serving

Calories	**259**
Total fat	10.8 g
Saturated fat	4.9 g
Sodium	Not listed
Total carbs	8.5 g
Fiber	0.3 g
Total sugars	2.5 g
Protein	31.8 g

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