

HADDOCK FLORENTINE

Ingredients

1 lb haddock, skin removed, cut into filets
olive oil
pat of butter
salt & pepper
1 1/2 C milk, 2%
2 garlic cloves, minced
4 oz whipped cream cheese
1/4 C parmesan cheese
1 C Italian blend shredded cheese
about 4 large handfuls baby spinach
1/2 - 3/4 C sun dried tomatoes, thinly sliced (your preference)

Instructions

1. Have two heavy and large pans on the stovetop.
2. In one pan, pour a thin coating of olive oil into the pan and a pat of butter, letting it melt over medium heat. Season the fish filets with salt and pepper, then place them in the pan, letting each side cook for about 5 minutes, flipping carefully with a fish spatula. The cooking time will vary based on the thickness of the fish filet. Once the fish is cooked, remove from the heat and set aside until the sauce is done.
3. In the other pan, while the fish cooks, heat the milk and garlic over medium-high heat, stirring occasionally, until the milk starts to slightly bubble. Once bubbling, reduce the heat to medium and add the cream cheese, parmesan, mozzarella and a little salt and pepper. Using a whisk, stir everything together until everything has melted. Taste to see if any more salt or pepper need to be added, then stir in the spinach and sun dried tomatoes. Stir until spinach has wilted slightly.
4. Serve the dish by ladling the sauce into a bowl, then carefully placing the fish filet on top. Serve immediately, and enjoy!

