

SMOKED HADDOCK & SPINACH EGG POTS

Serves 4 for lunch

Ingredients

200g [Smoked Haddock Fillets](#)
1 tsp [Welsh Dragon Butter](#) – for greasing
50g [Smoked Cheddar with Paprika](#), grated
4 tbsp fresh [Sourdough](#) – for breadcrumbs
[Angel Bakery Sourdough](#) – cut into toast soldiers
200g baby spinach
6 large free-range eggs
200ml crème fraîche
1/4 tsp of freshly grated nutmeg
[Halen Môn Sea Salt](#) and freshly ground black pepper
Chopped flat-leaf parsley, to finish
2 tbsp water



Preheat the oven to 200°C/Fan 180°C/Gas 6.

[Butter](#) the insides of four 250ml ramekins, then coat the dishes with the breadcrumbs.

Cube and divide the [Smoked Haddock](#) between the dishes. Stand the dishes on a baking tray.

Wilt the spinach over high heat in a large pan with 2 tbsp of water. Stir until the spinach has completely softened, about 3–4 minutes.

Remove from the heat and drain. Leave to cool slightly, then squeeze out as much liquid from the spinach as possible. Roughly chop and divide between the four ramekins.

Whisk the eggs and crème fraîche together in a bowl and season with the grated nutmeg and a little [Salt](#) and pepper. Pour the egg mixture into the ramekins and sprinkle the grated [Smoked Cheddar with Paprika](#) over the top.

Place the tray on the middle shelf of the oven and bake for 10 minutes. Turn the oven to the grill setting and cook the egg pots for a further 5 minutes or until the [Smoked Cheddar with Paprika](#) is golden brown.

Sprinkle with chopped parsley and serve with buttered [Sourdough](#) toast soldiers on the side.

Serve fresh and enjoy!