

**SHEFFIELD'S  
SWEET ENOUGH**

**PESTO CRUMBED  
FISH WITH  
SPINACH RICE**

# SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

## Pesto crumbed fish with spinach rice

 Low fat

This low fat tasty dinner is ready in just 20 minutes and under £5.

 Feeds 2  Ready in 20 minutes

### Each serving contains

Energy	Fat	Saturates	Sugar	Salt
19%	Low 10%	Low 6%	Low 2%	Low 12%
1590kj 376kcal	7.1g	1.1g	1.7g	0.7g

% of adult's reference intake | Carbohydrates per serving: 52g



## Ingredients

- 100g Co-op easy cook long grain rice
- 1 slice Co-op white farmhouse loaf
- 1 tbsp Co-op Italian green pesto
- 2 cod fillets, about 100g each
- 160g Co-op spinach

## Method

1. Preheat the oven to 200°C/ fan 180°C/Gas 6
2. Then cook the rice according to the pack instructions
3. Whizz the bread into crumbs using an electric blender, then combine with the pesto
4. Put the cod fillets onto a foil-lined baking tray and press the pesto crumbs down on top
5. Bake in the oven for 10–12 mins, until the fish is cooked through and the topping crisp and golden
6. Once the rice is cooked, drain and set aside
7. Put the spinach in the pan, place over a low heat and stir until just wilted, then stir the rice back in and season to taste
8. To serve, divide the rice mixture between 2 plates and top with the crumbed cod

