



BigFish Recipe™

Crespelle with Spinach & Ricotta

If you've ever spent time in Italy, you may be familiar with Crespelle – the Italian equivalent of French crêpes or Mexican enchiladas. They're basically filled pancakes which are covered with sauce, baked in a big dish and served hot. This is a tasty and filling recipe for a family main meal and a great twist on pancakes for Shrove Tuesday!

We used ready-made pancakes and prepared Bechamel to save time but of course you can make them from scratch if you prefer.

Preparation time: 40 minutes

Cooking time: 20 minutes

Serves: 4

Ingredients

1 pack of ready-made plain pancakes
2 BigFish plain salmon or Sea Trout fillets
1 350g bag or jar of readymade bechamel or lasagne sauce
240g spinach leaves
125g ricotta cheese
125g mascarpone
Grated nutmeg
60g grated parmesan cheese plus extra for topping

Method

1. Preheat the oven to 180°C.
2. Cook the fish fillets as per the on-pack instructions. When cooked, remove the skin carefully and flake the fillets.
3. Lightly steam the spinach, drain and leave to cool.
4. Now squeeze excess water from the spinach and place in a bowl with the fish.
5. Add the ricotta, mascarpone and parmesan and mix to combine.
6. Season well with salt and pepper and a little grated nutmeg.
7. Prepare the bechamel sauce as per the pack instructions.
8. Grease an ovenproof dish with butter.
9. Spread each pancake with 2 tablespoons of the filling right up to the edges.
10. Roll up the pancakes tightly and arrange in the prepared dish, repeating until you've used all the filling.
11. Pour over the sauce to cover and then top with extra grated parmesan cheese
12. Cook in the oven for 15 minutes then pop under the grill for a further 5 minutes until golden brown and bubbling.
13. Serve with a nice salad or green vegetables on the side.