



TRY...

BUDGET VERSION

For an economical version, add frozen peas and sliced mushrooms to the sauce instead of the prawns

MAKING IT SPECIAL

Make a really special version by using salmon instead of cod and frozen seafood cocktail instead of the prawns

FISH PIE

WITH SWEET POTATO OR SWEDE TOPPING

SERVES
4

INGREDIENTS

500g floury potatoes cut into small chunks

2 medium sweet potatoes or 1 swede cut into small chunks

200g tub low fat soft cheese with garlic and herbs

150ml vegetable stock

4 teaspoons cornflour blended with 2 tablespoons cold water

320g skinless boneless fish or a fish pie mix cut into chunks

100g cooked peeled prawns

1 teaspoon chopped fresh parsley – optional

2 celery sticks

100g mushrooms

Ground black pepper

METHOD

1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5
2. Prepare and chop the potatoes and sweet potato or swede
3. Cook in boiling water for about 15-20 minutes
4. While the vegetables cook put the soft cheese and the stock into a large saucepan and heat gently, stirring with a wooden spoon until blended and smooth
5. Add the blended cornflour stirring continuously and cook until the sauce thickens
6. Arrange the fish, the prawns and the parsley if using into an oven dish and season with pepper
7. Pour the sauce over the fish mixture and stir gently
8. Drain the vegetables, mash them well and season with black pepper
9. Spoon the mash over the fish to cover it completely
10. Bake for 25-30 minutes until piping hot, then transfer to a hot grill for a few minutes to brown the top if necessary