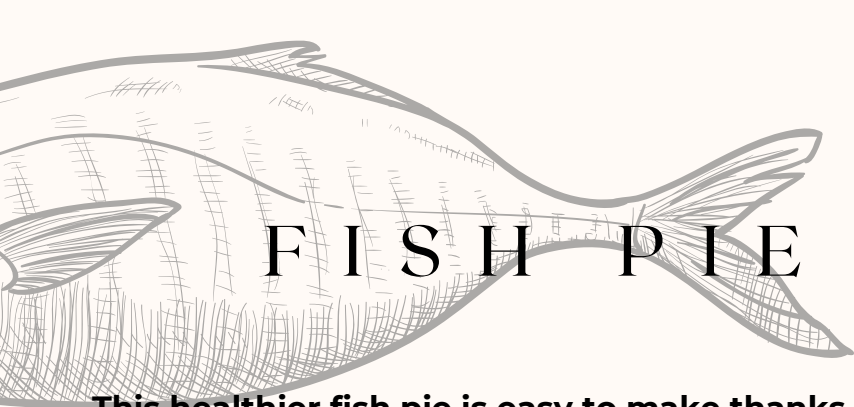




FISH PIE RECIPE



This healthier fish pie is easy to make thanks to its shortcut white sauce. The key to the best flavour is using good-quality fresh stock.

Each serving provides 409 kcal, 34g protein, 39g carbohydrate (of which 8g sugars), 11g fat (of which 5g saturates), 8g fibre and 1.8g salt.

INGREDIENTS :

- 500g/1lb 2oz swede, peeled and chopped
- 500g/1lb 2oz potatoes, peeled and chopped
- 250g/9oz low-fat soft cheese with garlic and herbs
- 150ml/5fl oz good-quality fresh vegetable stock
- 1 tbsp cornflour blended with 4 tbsp water
- 400g/14oz frozen fish pie mix, defrosted
- 200g/7oz frozen peas
- chopped parsley, dill or chives to garnish (optional)
- salt and black pepper

METHOD :

- Preheat the oven to 200C/180C Fan/Gas 6.
- Put the swede and potatoes in a saucepan and bring to the boil. Cook for 15–20 minutes until tender, drain and mash. Season and set aside.
- Meanwhile, put the cheese and stock in a small saucepan, whisk until fairly smooth and heat gently until melted and combined. Add the cornflour mixture and cook until thickened. Remove from the heat and season.
- Stir the fish and peas into the cheese mixture and place in a medium ovenproof pie dish.
- Spoon the mash over the fish mixture and bake for 25–30 minutes, or until lightly browned.
- Garnish with chopped herbs, if desired, and serve immediately.

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