



Fish pie with swede & potato topping (serves 4)

Ingredients

- 500g floury potatoes
- 1 medium swede
- 200g tub low-fat soft cheese with garlic and herbs
- 150ml vegetable stock
- 4 tsp cornflour, blended with 2 tbsp cold water
- 650g skinless, boneless cod
- 100g cooked peeled prawns
- 1 tsp chopped fresh parsley

Preparation

- Cut potatoes and swede into chunks
- Cut the cod into large chunks

Instructions

1. Cook the potatoes and swede in boiling water until tender (about 20 minutes)
2. Preheat the oven to 190C/gas 5/fan 170C. While the potatoes and swede cook, put the soft cheese and stock into a large saucepan and heat gently, stirring with a wooden spoon, until blended and smooth. Now add the blended cornflour and cook until thick
3. Stir the fish into the sauce with the prawns and parsley. Season with some pepper
4. Tip the mixture into a 1.5 litre/2¾ pint baking dish. Drain the potatoes and swede, mash them well and season with black pepper. Spoon the mash over the fish to cover it completely. Bake for 25-30 minutes until piping hot, then transfer to a hot grill for a few minutes to brown the top. Serve with frozen peas or sweetcorn.