

FISH PIE WITH SWEDE & POTATO TOPPING



Ingredients:

500g floury potatoes cut into chunks
1 medium swede (weighing about 600g/1lb 5oz), cut into chunks
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 cut into large chunks
100g cooked peeled prawns
1 tsp chopped Parsley
Method:

Cook the potatoes and swede in boiling water until tender (about 20 minutes).

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.

Stir the fish into the sauce with the prawns and parsley. Season with some pepper.

Tip the mixture into a 1.5 litre/2¼ 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.

Making it on a budget

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.

I asked a few friends to try this recipe before sharing it with you; here is some of the feedback...

"What a great midweek meal for all the family! I didn't use low fat soft cheese though and the kids loved it. Also what a fantastic way to get the more of the 5 of a day in by using Swede and Potato for the Mash topping! A Big Thumbs up from me!"

"A great midweek meal! I added mushrooms, frozen peas and a small tub of single cream! I used sweet potatoes instead of the swede and mixed them with good old maris piper potatoes - which everyone loved. I would definitely make this again".

"The tastiest and easiest fish pie ever! My Family loved it".