

Cod and Leek Pie with Alpro soya Mash

Serves 4

Cost: £3.09 per portion

Ingredients

500g approx skinless/boneless chunky Cod fillet, cut into large chunks
2 medium leeks, finely shredded
1 tbsp light and mild olive oil
225g baby spinach leaves
Ground black pepper
250g Alpro soya cream alternative

Alpro mash:

4-5 large floury potatoes (King Edwards/Maris Piper are great) peeled
4 tbsp Alpro soya cream alternative
1 dessertspoon low fat margarine
Ground black pepper
Generous pinch of fresh grated nutmeg

Method

- Preheat the oven to 200°C/400°F/Gas Mark 6
- Place prepared cod into a medium size ovenproof dish.
- Gently sweat the shredded leek with the olive oil for 10 minutes over a very gentle heat to soften without browning. Add spinach to the pan and cook for 1-2 minutes until spinach just wilts. Season well.
- Put half the mixture around the fish. Liquidise remainder with the Alpro cream alternative to make a creamy sauce. Pour around the fish.
- Prepare the mash. Cut potato into even sized pieces and boil until tender. Drain and add remaining ingredients. Mash until smooth. Spoon onto prepared fish and spread potato out with a flat edged knife.
- Rest dish on a baking sheet and cook for 25 minutes, until the potato is golden and the sauce is bubbling around the edge of the dish.

Cod and leek pie made with dairy cream and butter (per portion)	Cod and leek pie made with Alpro soya alternative to single cream (per portion)
375 calories	326 calories
19.5g fat	11g fat
9g saturated fat	1.8g saturated fat