

Smoked Haddock Pie

Serves 4

Per Serving

308 Cals

3g Fat

Ingredients:

450g smoked haddock

675g potatoes

1 tablespoon cornflour

freshly ground black pepper

300ml skimmed milk

150g reduced fat natural yogurt

2 leeks, washed & sliced, approx 200g

Cooking instructions:

1. Poach the haddock in the milk for 5 minutes, & leave for half an hour to infuse.
2. Preheat the oven to 200°C, 400°F, Gas Mark 6.
3. Peel the potatoes, & boil them for approximately 20 minutes. Drain the potatoes when cooked, mash with the yoghurt, & season with black pepper.
4. Drain the milk from the fish & blend it with the cornflour in a pan. Bring it to the boil. Remove the skin from the fish & fork the flesh into the sauce.
5. Pour the sauce into the bottom of an ovenproof pie dish. Cover with the sliced leeks, & either pipe the potato on top, or spread it over & smooth the top with a fork.
6. Bake for 20-30 minutes.