

Salmon, prawn & spinach pie with seasonal greens & carrots

(Serves 2)

Ingredients

- 400g Potatoes, peeled & cut into chunks
- 1/4 tsp Salt, reduced sodium
- 200mls Milk, semi-skimmed
- 150g Spinach leaves, defrosted if using frozen
- 20g Margarine, Light Olive spread
- 100g Onions, diced
- 20g Flour, plain
- 150 mls Stock pot, Knorr Fish (1 pot diluted in 500mls water)
- 1 Tomato, medium, chopped
- 200g Salmon fillets, skinless & boneless
- 50g Prawns, small, cooked
- 100g Seasonal greens
- 100g Carrots

Preparation

1. Cook potatoes for 15-20mins in salted water (using the 1/4 tsp salt) until tender.
2. Drain. Add 100 mls of the milk & mash. Set aside.
3. Pre-heat oven to 180°C/350°F/Gas Mark 4 (160°fan)
4. If using fresh spinach, cook spinach in a little boiling water for 2 mins.
5. Drain & gently squeeze excess moisture.
6. (If using frozen spinach, once defrosted drain any excess water).
7. Melt olive spread in a pan & sauté onion gently for 5-8 mins.
8. Add flour. Mix & cook for 1 min.
9. Gradually add the other 100mls milk over low heat to make a paste.
10. Make stock by adding 500mls hot water to 1 fish stock pot. Add 150mls to the paste & discard rest of stock. Stir & bring to boil.
11. Reduce heat. Simmer for 2 mins.
12. Stir in chopped tomatoes.
13. Cut raw salmon into chunks & arrange in an ovenproof dish or 2 individual dishes.
14. Scatter in the prawns.
15. Pour sauce over the fish. Arrange spinach on top.
16. Cover with mash & fluff with a fork.
17. Bake uncovered in oven for approx 35mins.
18. Serve with seasonal greens & carrots cooked to taste.

TOP TIP: Using smaller individual baking dishes is helpful for spreading the mashed potato.

NUTRITIONAL VALUES

PER SERVING

Calories 574

Total Sugars 16.92g

Total Fats 21.57g

Saturated Fats 4.3g

Salt 1.8g

Fruit & Veg 3.3