



FISHERMAN'S PIE WITH LEEKY MASH

315 calories per portion

You all know we love a fish pie and we've come up with a lighter than usual version, topped with a fab leek-filled mash. Sometimes we make this, sometimes we go back to our full-fat recipe and we're happy because both are great.

To make the leeky mash, peel the potatoes and cut them into rough 4cm chunks. Put the potatoes in a large saucepan and cover them with cold water. Bring the water to the boil, then reduce the heat slightly and simmer for 18–20 minutes or until the potatoes are very tender.

Meanwhile, melt the butter in a non-stick frying pan and fry the leeks for 5 minutes until softened but not coloured, stirring often. Drain the potatoes, then tip them back into the pan and mash with the milk and seasoning to taste until smooth. Stir in the leeks and set aside.

Preheat the oven to 220°C/Fan 200°C/Gas 7. Half fill a medium pan with water and bring it to the boil, then add the broccoli florets and bring the water back to the boil. Cook the broccoli for 2 minutes, then drain it in a sieve under running water until cold. Put to one side.

Cut the white fish fillet and haddock into chunks of about 3cm and set aside. Pour the 400ml of milk into a large non-stick saucepan and bring it to a gentle simmer. Mix the cornflour and water together in a small bowl until smooth, then pour this into the warm milk. Bring to a gentle simmer and cook over a low heat for 2–3 minutes, stirring constantly with a wooden spoon until the sauce is thick and smooth. Season with salt and lots of freshly ground black pepper.

Add the fish pieces to the sauce and cook for 2 minutes, stirring only occasionally so the fish doesn't break up too much. Add the frozen prawns and broccoli to the mixture and stir gently until evenly combined.

Spoon the fish mixture into a 1.5-litre, shallow ovenproof dish. Top with the leeky mash, spooning it around the outside of the dish before working your way into the middle. Place the dish on a baking tray and cook the pie in the oven for 35–40 minutes or until lightly browned, bubbling and hot throughout.

Serves 5

Prep: 20 minutes

Cooking time: 1 hour 10 minutes

1 medium head of broccoli, cut into small florets
350g thick white fish fillet, such as cod, skinned
150g smoked haddock (preferably undyed), skinned
400ml semi-skimmed milk
4 tbsp cornflour
4 tbsp cold water
150g cooked, peeled prawns, thawed if frozen
flaked sea salt
freshly ground black pepper

Leeky mash

600g floury potatoes, such as King Edwards or Maris Pipers
20g butter
2 medium leeks, trimmed and cut into 1cm slices
3 tbsp semi-skimmed milk
flaked sea salt
freshly ground black pepper