

Cod & Leek Pie with Mash (Serves 4)

Ingredients

500g skinless & boneless chunky cod fillet, cut into large chunks

2 medium leeks, finely shredded

1 tablespoon olive oil

225g baby spinach leaves

Ground black pepper

250g soya cream

For the Mash

4-5 large floury potatoes, peeled

4 tablespoons soya cream

2 teaspoons dairy free margarine

Ground black pepper

Freshly grated nutmeg

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Place the cod into a medium size ovenproof dish.
2. 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 the spinach just wilts. Season well.
3. Put half the mixture around the fish. Liquidise the remainder with the soya cream to make a creamy sauce. Pour around the fish.
4. To prepare the mash, cut the potato into even sized pieces and boil until tender. Drain and add the remaining ingredients. Mash until smooth and spoon onto the prepared fish. Spread the potato out with a flat edged knife.
5. Rest the 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.

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