



Cavolo Nero Fish Pie

Serves 4

Preparation time: 20 minutes

Cooking time: 5-6 minutes

- 200g cavolo nero, shredded
- 300g salmon fillets, diced
- 250g cod fillets, diced
- 350g prepared cheese sauce
- 200g cooked, peeled prawns, defrosted
- 750g hot mashed potato

Method:

Steam the cavolo nero for 5 minutes, then transfer to the base of a heatproof serving dish.

Meanwhile, cook the fish in simmering water for 4 minutes and drain. Heat up the cheese sauce and add the fish and prawns, then cook for 1 minute to heat through. Pour over the cavolo nero and top with mashed potato

Place under a preheated grill for 1-2 minutes until golden and serve.

Nutritional analysis:

- 540kcal
- 47g protein
- 23g fat (of which 7g saturated fat)
- 39g carbohydrate (of which 8g sugars)
- 1.4g salt
- 3.5g fibre