




Cod and Leek Pie

Iodine

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

Directions

- Preheat the oven to 200°C/400°F/Gas Mark 6
- Place prepared cod into a medium size ovenproof dish.
- 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 spinach just wilts. Season well.
- Put half the mixture around the fish. Liquidise remainder with the cream alternative to make a creamy sauce. Pour around the fish.

Lactose & Galactose Free Recipe

Directions continued

- Prepare the mash. Cut potato into even sized pieces and boil until tender. Drain and add remaining ingredients. Mash until smooth. Spoon onto prepared fish and spread potato out with a flat edged knife.
- Rest 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.

Notes

Pollock or Hake can be substituted for Cod

Recipe provided by Alpro