

Mexican Fish Pie

Serves 4

455g (1lb) haddock or cod fillets, fresh or defrosted, skinned and cubed

1 x 340g (12oz) jar ready prepared Mexican salsa sauce

1 x 200g (7oz) can red kidney beans, drained

670g (1 1/2lbs) mashed potatoes

1/2 x 140g (5oz) pack tortilla chips



Microwave Power: 800 Watt

1. Place the fish in a suitable 1.2 litres (2 pint) dish, add the salsa sauce.
Cover and cook on HIGH for 2 minutes.
2. Stir gently and add the beans.
Top with the potato, cover and cook on HIGH for 2-3 minutes.
Top with the tortilla chips and cook uncovered on HIGH for 1 minute.
3. Serve with a mixed salad.