

## Crispy Bread Topped Fish Pie

455g (1lb) coley or haddock fillet, skinned  
225g (8oz) cooked peeled prawns  
2 x 15ml spoon (2 tablespoons) oil  
1 onion, chopped  
85g (3oz) mushrooms, sliced  
1 x 350g tub cheese sauce  
1 x 195g can sweetcorn  
bunch fresh parsley, chopped  
salt and black pepper  
5 slices bread  
10g (knob) butter

### Serves 4

NUTRITIONAL VALUES PER PORTION (APPROX) 567 Kilocalories; 41g Protein; 25g Fat; 47g Carbohydrate; 2g Fibre.

Preheat the oven to 200°C/400°F, Gas Mark 6

Heat the oil in a large pan. Add the onion and mushrooms. Cook for 2-3 minutes. Add the cheese sauce and simmer for 2-3 minutes until hot. Add the fish, prawns, sweetcorn, herbs and seasoning.

Spread the bread slices with butter and cut into triangles.

Spoon the fish mixture into a 1.2 litre (2 pint) ovenproof dish. Arrange the bread triangles on top.

Cook uncovered for 35-40 minutes. Serve with a crisp, green salad

