

Italian Smoked Fish

Serves 4

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

1 x 10ml spoon (1 dsp) sunflower oil

1/2 red pepper, deseeded and sliced

55g (2oz) mushrooms, sliced

115g (4oz) low fat soft cheese with garlic and herbs

125ml (4fl oz) milk

115g (4oz) pasta, cooked

fresh parsley, to garnish



1. Heat the oil in a shallow pan, cook the pepper and mushrooms for 3-4 minutes.
 2. Add the fish, cheese and milk, cover and simmer for 8-10 minutes, stirring occasionally.
 3. Stir in the pasta, cook for 1-2 minutes.
- Serve garnished with parsley.