

CHEESE, POTATO AND SPINACH PIE (V)

Serves 4
Per serving: 243 Calories, 8g fat
(excl. accompaniments)
Prep time 10 mins
Cook Time 20 mins

INGREDIENTS

1 red pepper, diced
1 red onion, diced
500g mashed potatoes
2 tbsps semi-skimmed milk
2 garlic cloves, crushed
200g spinach
50g grated half-fat cheddar cheese
Freshly ground black pepper
oil spray, for cooking

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Dry-fry the red pepper and onion in a non-stick frying pan with a little oil spray until soft. Heat the potato mash in a saucepan with the milk until hot. Mix in the garlic and remove from heat.
3. Shred the spinach and add to the potatoes, mixing in well. Add the onion and pepper to the potato mix along with three quarters of the cheese. Mix well, seasoning with black pepper, pile into an ovenproof dish and sprinkle with the remaining cheese.
4. Oven bake for 20 minutes until golden brown. Serve with vegetables or salad.

