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SAUSAGE & MUSHROOM PIE

This creamy tasting pie is made with low-fat sausages or you can make it vegetarian by using vegetarian sausages or Quorn pieces if you prefer.

Serves 4

Per serving: 432 Calories, 2.4% fat

Prep time 10 mins

Cook Time 40 mins

INGREDIENTS

600g potatoes, peeled and diced
2 tbsps semi skimmed milk
400g low-fat sausages (155 cals per 100g)
1 red onion, diced
200g mushrooms, chopped
1 pinch fresh chopped chives
600ml milk
4 tsps cornflour
1 tsp vegetable stock powder
1 tbsp grain mustard
freshly ground black pepper
few extra chives, to garnish

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Boil the potatoes until soft, drain and mash adding 2 tbsps milk and seasoning with black pepper.
3. Dry-fry the sausages and onion in a non-stick pan until lightly browned. Continue to cook adding the mushrooms until soft.
4. Remove the sausages from the pan and chop into pieces before placing in the base of an ovenproof dish.
5. Mix the cornflour with a little of the milk to a paste. Add the remaining milk to the mushrooms and onions and stir in the cornflour paste. Keep stirring as the sauce thickens then add the chives, stock powder and mustard. Pour over the sausages and top with the mashed potatoes.
6. Bake in a preheated oven until golden brown. Serve sprinkled with chopped chives and a green salad..



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