

Rosti Topped Turkey Pie

Serves 3

Per Serving

270 Cals

3.5g Fat

Ingredients :

For the filling:

295g can low-fat condensed mushroom soup

200ml water

1 medium onion, peeled and sliced

2 sticks celery, sliced

200g carrots, peeled and sliced

300g diced turkey

90g green beans, halved

For the topping:

350g (12oz) potatoes

Salt and pepper

2 squirts spray oil

Cooking instructions :

1. Set the oven to Gas Mark 6 or 200°C/400°F.
2. To make the filling, pour the soup and water into a saucepan and add the diced onion, celery and carrots. Bring to the boil, then reduce the heat and simmer gently for 10 minutes. Stir in the turkey and simmer for a further 10-15 minutes, until the turkey has just cooked through. Remove the pan from the heat and stir in the green beans. Pour into a casserole dish.
3. To prepare the topping, place the potatoes in a large saucepan, cover with water and bring to the boil. Reduce heat and simmer for 5 minutes, then remove the pan from the heat and leave until the potatoes are just cool enough to handle.
4. Scrape the skins from the potatoes and then grate coarsely. Mix with salt and pepper and then spread over the turkey filling. Spray over a little oil.
5. Place the dish on a baking tray and bake in the centre of the oven for 30-35 minutes or until the topping is golden. Remove from the oven and serve immediately.