



## FRIDAY: FISH PIE

Serve this with an easy spring mixed green salad for dinner.

Prep: 15 min Cook: 35 min Serves: 4

- 2 large yellow fleshed potatoes, peeled and chopped**
- 1/2 cup freshly grated Parmesan cheese**
- 2 tbsp Longo's Salted Butter**
- 1 pkg (450 g) frozen haddock fillets, thawed and chopped**
- 1 can (398 mL) Longo's Peas and Carrots, drained well**
- 1/4 cup Longo's Basil and Pine Nut Pesto Sauce**

Bring potatoes to boil in salted water for 15 minutes or until tender. Drain well and mash roughly with cheese, butter and 1/2 tsp each salt and pepper. Set aside.

Combine fish, peas and carrots, pesto and 1/4 tsp each salt and pepper in small casserole dish.

Spread potato mixture over top to cover. Bake in preheated 400°F oven for about 20 minutes or until fish is cooked through and potatoes are golden.

Per serving: 450 calories; 31 g protein; 19 g fat; 38 g carbohydrate; 4 g fibre; 5 g sugars; 1050 mg sodium.