



## CREAMY CREMORA COTTAGE PIE



### Ingredients

53 grams NESTLÉ Cremora Original  
28 grams Margarine 70% fat  
1/40 cups Cake Flour  
510 grams Fish, tuna, light, canned in water,  
without salt, drained solids  
1 cups Vegetables, mixed, frozen, cooked,  
boiled, drained, with salt  
10 grams Mixed Herbs, Dry  
1 kilograms Potatoes, Flesh And Skin, Raw  
123 grams Cheese, cheddar, reduced fat  
1/20 teaspoons Spices, Pepper, Black  
5 grams Salt

### Instructions

1. In a large measuring cup or jug, add 2 tablespoons of Nestlé Cremora Original and 1 cup of boiling water. Whisk until the Cremora is dissolved and set aside.
2. In a medium-sized pot on medium heat, add the margarine and flour and whisk for 1-2 minutes to ensure the flour has cooked through. Gradually add the Cremora mixture while continuously whisking. Continue to whisk the sauce for 2-3 minutes until thickened and add salt and pepper to taste.
3. In a medium-sized baking dish, add the shredded tuna, mixed vegetables, mixed herbs and salt and pepper. Pour the sauce over the fish and vegetables and set aside while preparing the mash potato topping.
4. Preheat the oven to 180°C on fan-assist.
5. Bring a large pot of salted water to a boil. Add the cubed potatoes and simmer for about 20 minutes until the potatoes are tender. Drain the potatoes and return them to the pot
6. In a measuring cup or jug, combine 1 cup of boiling water and 2 tablespoons Cremora and whisk until the Cremora is dissolved.
7. Gradually add the Cremora mixture, mashing the potatoes with a potato masher until they are smooth and creamy. Season with salt and pepper and mix until combined.
8. Add the mash potatoes to the baking dish, ensuring to cover the filling well. Smooth the top of the mash with the back of a spoon and sprinkle the cheese over the dish. Bake for 30 minutes until the filling is bubbling and the cheese is melted and golden brown.
9. Garnish with chopped chives, serve with lemon wedges and a fresh green salad and ENJOY!

**Nutrients**

79 Minutes

Carbohydrates	33.25
Energy	251.52
Fats	8.65
Protein	24.29