

CORNED BEEF CASSEROLE

450g/1lb potatoes weighed, peeled
283g/10oz can low-calorie soup, Beef & Vegetable or Oxtail
350g/12oz Can Corned Beef
454g/16oz can baked beans in tomato sauce

Cut the potatoes into small cubes and place in a saucepan with the soup. Bring to the boil, cover the pan and simmer gently for 15 minutes until the potatoes are just tender. Cut the corned beef into bite sized pieces and add to the saucepan with the baked beans. Stir gently, taking care not to break up the potatoes. Heat through, stirring occasionally.

Serves 4/385 calories.3.5 fat units/10.7g fibre per portion

SHEPHERD'S PIE

450g/1lb potatoes peeled weight
225g/8oz swede, peeled weight
450g/1lb extra lean minced beef
1 medium onion
30ml/2 level tablespoons flour
15ml/1 level tablespoon tomato puree
2.5ml/1/2 level teaspoon mixed herbs
1 beef stock cube
175ml/6 fl oz. hot water
50ml / 2 fl oz. skimmed milk

Boil potatoes and swede until tender. Brown the ground beef in a non-stick frying pan; drain off the fat. Chop the onion and stir into the meat with flour, tomato puree and mixed herbs. Dissolve stock cube in hot water. Place meat in an ovenproof dish, pour over the stock. Mash the drained potatoes and swede with the skimmed milk. Spread or pipe the mixture over the meat. Cook at 190C/375F gas mark 5 for 1 hour.

CHICKEN A LA KING

450g/1lb cooked chicken no skin
50g/2oz lean smoked ham
1 green pepper
115g/4oz mushrooms
10ml/2 teaspoons oil
30ml/2 level tablespoons flour
1 chicken stock cube
275ml/1/2 pint water
Salt and pepper
1 to 2 bay leaves
10ml/2 teaspoons dried rosemary
150ml/ 1/4 pint fromage frais, 0% fat

Dice chicken and ham and slice deseeded pepper and mushrooms. Heat the oil in a non-stick pan and sauté pepper and mushrooms for 3-4 minutes. Add the flour and mix thoroughly. Sprinkle in stock cube and gradually stir in water and milk. Add rosemary. Bring to the boil, stirring until thickened. Season and add chicken and ham and heat thoroughly. Stir in fromage frais and serve.

(With this one you could dissolve cornflour in a little water and stir in after adding the milk and water, instead of using the flour to thicken. I'd start with 2 good teaspoons of cornflour and add more as needed. Remember cornflour needs 2 minutes to cook and thicken)

FISH PIE

450g/1lb white fish fillet
1 fish stock cube
425ml/ 3/4 pint water
450g/1lb potatoes peeled weight
225g/8oz swede peeled weight
1 medium onion
30ml/2 level tablespoons cornflour
25g/1oz skimmed milk powder
115g/4oz peeled prawns
115g/4oz frozen peas
30ml/2 tablespoons skimmed milk

Poach fish in a pan with stock cube and water. Simmer gently until fish flakes easily (approx. 15 minutes). Boil potatoes and swede until tender. Strain liquid from fish, make up to 425ml/3/4 pint with extra water if necessary. Discard any skin and bones from the fish, then flake the fish. Chop onion. Blend fish stock with cornflour and skimmed milk powder. Bring to the boil, stirring all the time. Stir in the fish, onion, prawns and peas. Place in an ovenproof dish. Mash the drained potato and swede together with the skimmed milk. Spread or pipe over the fish. Cook the pie at 200C/400F/gas mark 6, for 40 minutes.