

Kipper Pasta Bake

Ingredients

14 oz/400g Pasta
300ml pot of Crème Fraîche
Pack of Boil-in-the-Bag Kippers
Small Onion
Mushrooms (about 3 oz/85g)
Vegetable Stock Cube
Butter
Cheese
Pepper

Method

Cook kippers as per instructions.

Chop onion and slice mushrooms.

Dissolve stock cube in 3½ fl oz/100ml of boiling water.

Put pasta in a pan of water and bring to boil. Allow to boil — not simmer — for five minutes. Drain.

Melt a blob of butter in a large pan. Add onion and fry. Just before that's done add mushrooms. When they have cooked add stock cube solution, Crème Fraîche, and kippers. Break up kippers and stir. Add pasta and stir thoroughly.

Transfer mixture to oven dish, put grated cheese on top and sprinkle with pepper.

Bake at Regulo 7/220°C/425°F for half an hour.