

Cheesy leek and couscous cake

Serves 4



Ingredients

200g/7oz couscous
125g/4½oz/2 handfuls mushrooms, sliced thinly
75g/3oz reduced fat mature cheese, grated
150g/5oz/small can of sweetcorn, drained
150ml/5floz water
2 tablespoons low fat crème fraiche
1 large leek or onion finely sliced
1 stock cube
Pepper and mixed herbs, for seasoning

Method

1. Cook the couscous according to packet instructions
2. Heat the stock cube in a frying pan. Add the leeks/onions, sweetcorn and mushrooms to the pan and cook over a medium heat for 4-5 minutes, stirring occasionally, until tender and golden. Add a little water if it starts to stick.
3. Add the crème fraiche, ¼ of the cheese and water. Stir in the couscous, ensuring the mixture is not too wet or too dry. Add the pepper and mixed herbs to taste.
4. Pat the mixture down firmly in the pan to form a cake/thick omelette shape and sprinkle the remaining cheese over the top.
5. Cook over a low heat for 15 minutes or until the underside is crisp and golden.
6. To melt the cheese grill on a medium heat for 10- 15 minutes.