

Fish pie

A filling and comforting meal, add some colour by mixing in a selection of fresh vegetables.



Serves: 4

Time: 1 hour

Ingredients

- 700 grams potatoes, peeled and diced
- 425ml semi-skimmed milk, plus a splash extra for the mash
- 25 grams margarine
- 25 grams flour
- 4 fillets of haddock or salmon
- 25 grams half-fat strong cheddar cheese
- vegetables, such as peas, broccoli or green beans, for serving

Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6.

2. Boil the potatoes for about 10-15 minutes until soft, then drain them and mash with a little semi-skimmed milk.
3. To make the sauce, mix the milk, margarine and flour in a small pan and warm over a medium heat. Stir continuously with a whisk until the sauce starts to bubble and thicken.
4. Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown.
6. Serve with peas, broccoli or green beans.

Handy tip: You can use any kind of white fish or salmon

Nutritional Information

Each serving provides	Amount in grams
Energy	1655 kilojoules/392 kilocalories
Fat	8.2
Saturates	3.5
Sugar	6.4
Salt	0.6

Typical values per 100g: Energy 394kJ/93kilocalories

The nutritional information stated above is based on each serving of Fish Pie and excludes suggested accompaniments.

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