

Fish Pie

Prep time: 30 mins

Cooking time: 30 mins



4-6



8-10



Ingredients

4 medium potatoes, peeled and cubed
1-2 tablespoons of milk for the mashed potato
1 tablespoon of dried parsley
1 x bag of fish pie mix (approximately 300-400g/ 11-14oz) or
1 x 400g /14oz (large) tin of salmon or tuna, flaked
100g/ 3½oz of frozen peas

1 small tin or 100g/3½oz frozen sweetcorn
2 tomatoes, sliced
A handful of spinach (optional)
25g/1oz of cheddar cheese, grated
Pinch of black pepper

For the white sauce:

300ml/11floz of milk
2 tablespoons of plain flour
1 tablespoon of vegetable oil



Method. Pre heat oven to 200°C / Gas Mark 6

- Wash, peel and cut the potatoes into cubes then boil in a large saucepan for 15 minutes until soft then drain
- Mash the potatoes with 1-2 tablespoons of milk until smooth and creamy
- Make the white sauce by putting the milk, oil and flour in a medium sized saucepan. Place over a medium heat and whisk briskly until the sauce boils and thickens. Continue to heat for a further minute whisking continuously
- Remove from the heat and add the parsley, peas, sweetcorn, fish pie mix (can be cooked from frozen) or tinned salmon/tuna if using and black pepper
- Pour the fish sauce into an oven proof dish, slice the tomatoes and layer over the top with the spinach (if using)
- Top with the mashed potato, sprinkle with the grated cheese and bake in the oven for 30 minutes until golden brown



Tip!

Why not serve with the steamed vegetable recipe in sides and delights.