

Fabulous fish pie

This fish pie is warm and comforting and can be made with any type of fish. It's also a great way of getting kids to eat fish.

Serves: 4 adults

Preparation time: 20 mins

Cooking time: 50 mins

Ingredients:

700g potatoes peeled and diced

425ml 1% fat milk

25g low-fat spread

25g plain flour

2 tbsp fresh parsley chopped

100g frozen peas

1 pinch ground black pepper

300g coley fillet thawed if frozen, skinned and cut into chunks

25g reduced fat mature Cheddar cheese grated

What to do:

1. Preheat the oven to 200°C, fan 180°C, gas mark 6.
2. Boil the potatoes for 15-20 minutes until tender, then drain them and mash with 2 tbsp of the milk.
3. Put the remaining milk, low-fat spread and flour into a saucepan and bring to the boil over a medium heat, stirring continuously with a small whisk or wooden spoon until the sauce bubbles and thickens. Stir in the parsley (if using) add the peas and season with pepper.
4. Place the chunks of fish in an ovenproof dish, pour the sauce over, then top with mashed potato. Sprinkle the cheese evenly over the surface.
5. Bake in the centre of the oven for 25-30 minutes, until the top is golden brown. Serve with steamed or boiled broccoli.

Tip 1: Use your choice of fish, such as cod, haddock or salmon. Look out for fish pie mix from the fresh fish counter, which is economical to buy.

Tip 2: If you like, make in individual ovenproof dishes to make serving simple.

Tip 3: Always grate cheese for cooking to make it go further. It will melt more quickly, too.



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Nutritional information:

Per portion (i.e. ¼ recipe)

319kcal / 1334kJ

26g protein

6g fat of which 2g saturates

43g carbohydrate of which 7g sugars

4g dietary fibre

207mg sodium

0.5g salt

Suitable for freezing

