



Fish Pie - Serves 4

Ingredients:

- 700g potatoes, peeled and diced
- 2-3 fillets of haddock (or other white fish)
- 4 medium tomatoes, sliced
- 425ml semi-skimmed milk
- 2 tbsp (25g) margarine
- 2 tbsp (25g) flour
- 2 tbsp (25g) half fat cheddar

Method:

1. Preheat oven to 200°C/Gas mark 6.
2. Place the potatoes in a pan of water and to the boil; then lower the heat and simmer for the 10-15 minutes until the potatoes are soft.
3. Drain them and mash with a little semi-skimmed milk.
4. Chop the fish into chunks and place in an ovenproof dish.
5. Melt the butter in a pan, over a medium heat. Take off the heat and stir in flour to make a thick paste (roux). Return to the heat, and whisk in the milk. Boil for 5-10 minutes, stirring occasionally until you have a thick sauce, and stir in the cheese.
6. Pour the sauce over the fish, then place over the sliced tomatoes.
7. Top with the mashed potato and sprinkle the cheese over the top of the potato.
8. Place in the centre of the oven for 30 minutes.
9. Serve with green vegetables for example peas, broccoli or green beans.

Alternatives

- Use any kind of white fish or salmon
- At stage 6 add 2 hard boiled eggs cut into quarters
- At stage 6 add a couple of handfuls of fresh spinach
- At stage 6 add some chopped carrots/ frozen peas

Did you know ?

Fish is a healthy alternative to other types of meat. It is recommended that we eat 2 portions of fish per week, 1 of the portions should be an oily fish. Some oily fish are:

- Salmon
- Trout
- Herring
- Mackerel
- Sardines
- Tuna (fresh only)
- Pilchards

White fish, such as cod and haddock are very low in fat.

Oily fish contain high levels of omega-3 fatty acids and can help protect us from heart disease.

Potatoes are a good source of carbohydrate, and provide us with energy. Potatoes are an excellent source of vitamin C; they provide the highest amount of vitamin C in the British diet (because we eat so many of them).

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