

HEALTHY MEAL RECIPES



Easy fish pie

Ingredients (Serves 4)

- 850g potatoes, peeled and cut into chunks
- 300ml (½ pint) semi-skimmed milk, plus 3 tablespoons
- Ground black pepper
- 350g mixed fish chunks, such as haddock, cod, salmon and pollock
- 100g broccoli, broken into small florets
- 1 bunch spring onions, thinly sliced
- 75g frozen peas
- 1 x 20g sachet parsley sauce mix
- 25g mature Cheddar cheese, grated

Equipment

Chopping board, knife, measuring spoons, grater, potato masher, pans and baking dish.

Method

1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5.
2. Cook the potatoes in boiling water for about 20 minutes, until tender. Drain well, then mash them with 3 tablespoons of the milk. Season with some pepper.
3. Meanwhile, arrange the chunks of fish in the base of a large baking dish.
4. Lightly cook the broccoli, spring onions and peas in boiling water for 3-4 minutes, then drain them thoroughly. Add them to the baking dish and mix with the fish. Season with pepper.
5. Empty the contents of the parsley sauce sachet into a saucepan. Pour a little milk into the pan and mix until smooth. Stir in the remaining milk and bring to the boil, stirring continuously. Simmer for 2 minutes, then pour evenly into the baking dish.
6. Spoon the mashed potatoes on top, so that they cover the fish mixture, then scatter the grated cheese evenly over them. Transfer to the oven and bake for 35-40 minutes, until golden brown. Serve at once.

Preparation time: 25 minutes

Cooking time: 1 hour

Approximate cost for recipe: £5.76

Approximate cost per serving: £1.44

Handy hints

- In some supermarkets you can buy packs of fish pie mix, containing smoked and unsmoked fish chunks, ready-prepared to save time. Check the packaging to make sure that the salt content is low.
- Vary the vegetables if you like. Try sweetcorn, green beans and leeks for a change.