

Fish Pie

Ingredients

400g (12oz) skinless fish fillets (cod, Pollock, smoked haddock salmon, smoked salmon scraps or a mixture) or 2 small tins Tuna.

500ml milk

50g butter

50g plain flour

pinch freshly grated nutmeg

1kg floury potatoes peeled and cut into even-sized chunks.

A little milk and butter for mashing

100g grated cheddar cheese

N.B. If you do not like fish try making with 400g of small cooked pieces of chicken breast or a 440g selection of cooked mixed vegetables

Notes

- **Please bring in a 2 litre ovenproof dish to take home**
- **Check allergies of consumer before serving.**



Method

- 1) Turn on oven gas mark 6, 200C.
- 2) Peel and cut potatoes into small even sized pieces. Place in a saucepan with cold water and bring to the boil, reduce heat and simmer for 25mins until the potatoes are soft all the way through when tested with a knife.
- 3) Strain potatoes and mash with a little butter and milk until smooth and creamy.
- 4) Meanwhile whilst the potatoes are boiling, cut up fish and place into 2pt low ovenproof dish.
- 5) Place the butter and flour into a saucepan and gradually add the milk, season with pepper and nutmeg.
- 6) Bring milk mixture to the boil stirring with a wooden spoon until the mixture thickens, remove from heat and stir in ½ the cheese.
- 7) Pour the sauce over the fish.
- 8) Gently spoon the potatoes over the sauce and spread carefully.
- 9) Sprinkle with remaining cheese and bake for 30 mins until the top is golden brown.
- 10) Serve with carrots and green beans for colour or a mixed salad.