

Quick fish pie

Serves 4

Ingredients

- 1kg of floury potatoes, peeled and quartered
- 200g white fish fillets without skin or bones (cod, haddock, Pollock etc – you could use frozen fish and defrost beforehand)
- 200g salmon fillets – with no skin or bones
- 200g frozen peas
- 160g reduced fat cheddar cheese, grated
- 200mls reduced fat milk
- 80g spread (approx 60% fat)
- Salt and pepper to taste
- Oil (for greasing the baking dish)



This recipe contains salmon, which is an oily fish. Oily fish provides essential fatty acids and vitamin D.

Method

1. Preheat the oven to 180 oC
2. Pour about a teaspoon of oil into a baking dish and spread over the bottom with your fingers. Place the fish in the dish and pour over the milk.
3. Place the potatoes in a pan of water and bring to the boil, simmering for about 20 minutes
4. Place the dish into the oven, cooking the fish for about 20 minutes.
5. Once the fish is cooked, remove from the oven and turn up the oven to 220 oC
6. Drain the potatoes and return them to the pan
7. Pour the milk from the fish i
8. nto the pan with the potatoes and add the butter/spread.
9. Mash the potatoes, then add the frozen peas and mix them in with the mash, adding salt and pepper to taste
10. With a knife and fork, separate the cooked fish into small pieces and spread the mash on top
11. Sprinkle over the cheese and place in the oven for about 20 minutes, turning the dish halfway through, until browned on top