



TASTY FISH PIE



INGREDIENTS

500g new potatoes – par-cooked and sliced

450g **fish** (e.g. salmon, smoked haddock, pollock) – skinned and cut into strips

1 carrot –peeled and grated

4 spring onions – chopped

75g frozen peas

1 teaspoon dried parsley & mixed herbs

1 teaspoon lemon juice

black pepper

200ml semi-skimmed milk + 3 tablespoons

200ml reduced fat **crème fraîche**

1 teaspoon English **mustard**

100g reduced fat Cheddar **cheese** – grated

EQUIPMENT

fork, large bowl or jug, chopping board,
vegetable peeler, sharp knife, mixing bowl,

grater, measuring jug, wooden spoon

1.5 litre ovenproof dish

SERVES: 4

PREP TIME: 20 minutes

ALLERGENS: milk, fish

COOK TIME: 30-35 minutes

METHOD

- 1** Prick the new potatoes with a fork and place in a large bowl or jug. Add 3 teaspoons of water, then cover with a plate (or cling film) and cook in the microwave for 5 minutes until just softened. Once cooked, leave to cool.
- 2** Put the fish, carrot, spring onion, peas, herbs and lemon juice in a mixing bowl. Season with pepper.
- 3** Beat 200mls milk, crème fraîche and mustard in a jug. Stir in 75g of the grated cheese, pour over the fish mixture and gently mix together.
- 4** Heat the oven to 190°C/Gas 5. Cut the new potatoes lengthways into $\frac{1}{2}$ cm slices.
- 5** Place the fish mixture in an ovenproof dish. Arrange the new potato slices evenly on top and sprinkle with the remaining cheese.
- 6** Bake for 30 – 35 minutes until the potato is golden-brown. Serve with steamed vegetables.