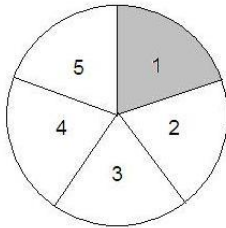


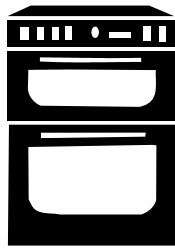
# Easy Fish Pie

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



Allergen information:

Allergens are in bold below.

Contains milk

Contains fish

Contains egg

May contain mustard

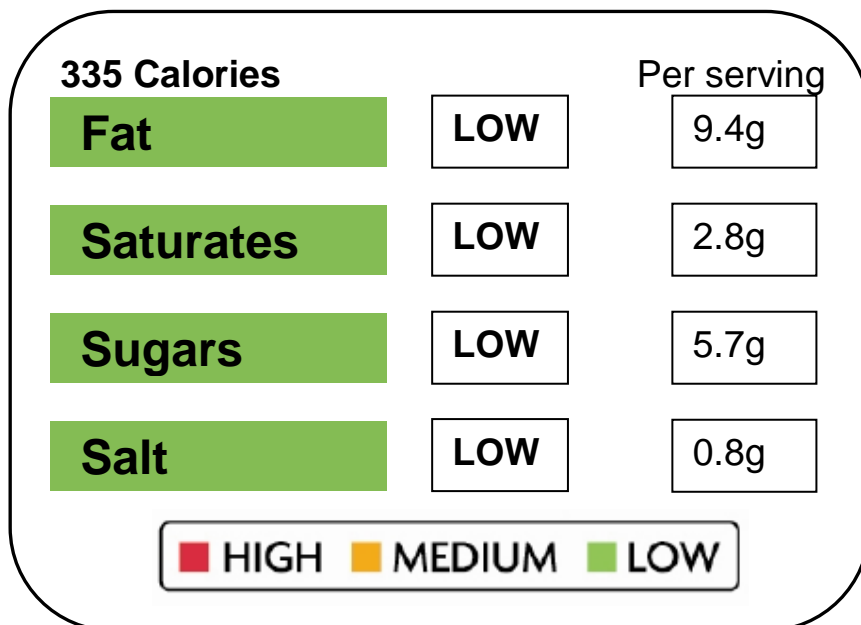
| Ingredients                                     | Amount                 | Preparation             |
|---|------------------------|-------------------------|
| potatoes  | 6 medium               | peeled & cut into cubes |
| skimmed or semi-skimmed <b>milk</b>             | 25ml                   |                         |
| black pepper                                    | $\frac{1}{2}$ teaspoon |                         |
| <b>mackerel</b> in tomato sauce                 | 1 tin (125g)           |                         |
| <b>tuna fish</b> in brine or spring water       | 1 tin (125g)           | drained                 |
| low calorie <b>mayonnaise</b>                   | 1 dessertspoon         |                         |
| frozen or canned sweetcorn (in water if tinned) | 200g or 1 small tin    | drained                 |
| frozen or canned peas (in water if tinned)      | 200g or 1 small tin    | drained                 |
| spring onion                                    | 2-3                    | sliced                  |
| dried mixed herbs                               | $\frac{1}{2}$ teaspoon |                         |
| tomato  | 1 large                | sliced                  |
| mature cheddar <b>cheese</b>                    | 25g (1oz)              | grated                  |

**Please Turn Over**



## Method

- 1 Pre heat the oven to gas mark 6/200°C/400°F.
- 2 Place the potato cubes in a large saucepan, cover with cold water and bring to the boil. Reduce the heat and simmer slowly for about 15 minutes until the potatoes are soft. Drain the potatoes and mash with the milk and a little of the black pepper. Set aside.
- 3 Mix the mackerel and drained tuna together with the mayonnaise, sweetcorn, peas, spring onion, mixed herbs and the remaining black pepper.
- 4 Place in an ovenproof dish.
- 5 Spread the mashed potato over the top of the fish and vegetable mixture. Arrange the sliced tomato on top and sprinkle the cheese over the top.
- 6 Cook in the oven for 15-20 minutes or until the cheese browns.



## Handy Hints

- Serve with plenty of vegetables.
- Add another tin of tuna or mackerel for larger families.
- Mackerel is an oily fish - to keep your heart healthy, you should aim to eat at least one portion of oily fish a week.
- Using tuna in spring water rather than brine will reduce the salt

