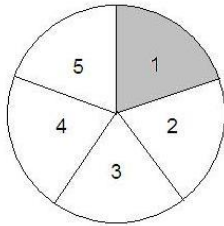


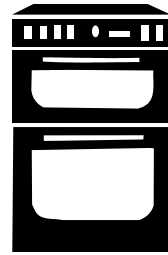
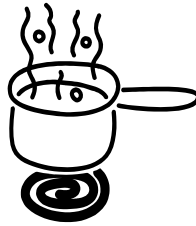
Ocean Pie

Serves 6

Portions of fruit & vegetables per serving: 1



Hob needed Oven needed



Allergen information:

Allergens are in bold below.

Contains fish

Contains milk

Contains crustaceans

Contains cereals

containing gluten

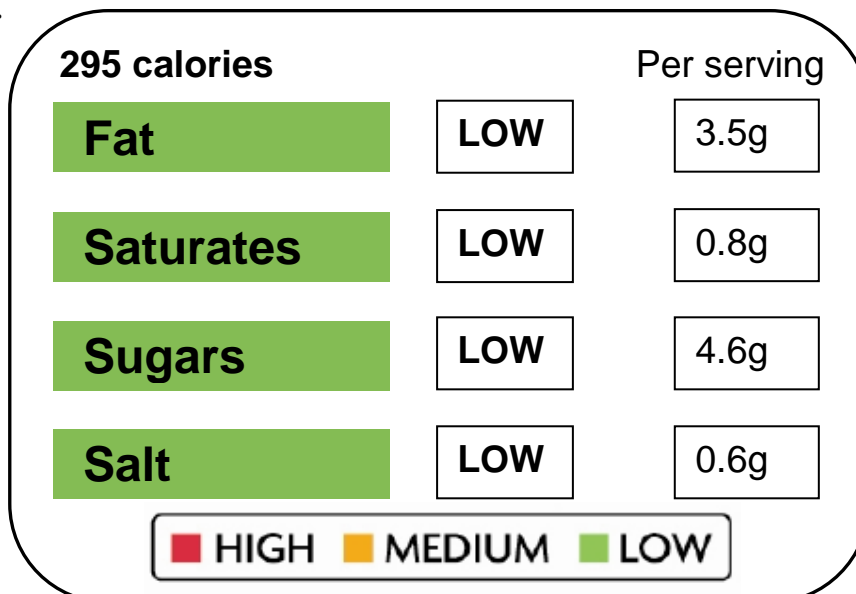
| Ingredients | Amount | Preparation |
|---------------------------------|-----------------------------|----------------------------------|
| potatoes | 8 medium sized | scrubbed with skins on & chopped |
| frozen white fish | 500g (1lb 1.5oz) | |
| semi-skimmed milk | 150ml ($\frac{1}{4}$ pint) | |
| prawns (fresh or frozen) | 100g (4oz) | defrosted if instructions advise |
| frozen peas | 250g (9oz) | |
| frozen or fresh broccoli | 250g (9oz) | cut into small florets |
| margarine | 1 tablespoon | |
| plain flour | 1 dessertspoon | |
| cold water | 300ml ($\frac{1}{2}$ pint) | |
| black pepper | $\frac{1}{4}$ teaspoon | |
| fresh or dried parsley | $\frac{1}{4}$ teaspoon | |
| tomato | 1 medium | sliced |

Please Turn Over



Method

- 1 Pre-heat oven to 200°C / Gas 6.
- 2 Place the potatoes in a saucepan of boiling water and cook for 10-15 minutes, until soft. Drain and mash with 3 tablespoons of the semi-skimmed milk and half of the black pepper.
- 3 Meanwhile, place the fish in a large frying pan and cover with the rest of the milk and water, gently simmer over a low heat for about 10 minutes or until the fish is soft and flaky.
- 4 Remove from the heat, keep the milk liquid until later and flake the fish into bite-size chunks. Place the fish, prawns (defrosted first if the instructions advise it) peas and broccoli into a large ovenproof dish.
- 5 Melt the margarine in a small saucepan then gradually add the flour and mix until it forms a thick paste. Over a low heat gradually add $\frac{3}{4}$ pint of the reserved milk liquid stirring continuously. Bring to the boil and heat through for 2 minutes (stirring all the time) until the sauce has thickened, remove from the heat and add the rest of the black pepper and parsley.
- 6 Pour the sauce over the fish and vegetables and top with the mashed potato. Arrange the sliced tomato on the top and bake for 20-30 minutes.



Handy Hints

- Add some oily fish, like salmon, to increase your intake of omega 3 oils.
- Try adding different flavours to the sauce, e.g. a little grated cheese, mixed herbs.
- Adding grated cheese will increase the fat content of this dish though, so use a small amount of a strongly flavoured cheese.

