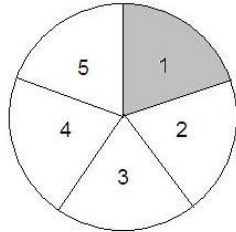


Easy Fish Pie

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



Ingredients	Amount	Preparation
potatoes	6 medium	peeled & cut into cubes
skimmed or semi-skimmed milk	25ml	
black pepper	½ teaspoon	
mackerel in tomato sauce	1 tin (125g)	
tuna fish in brine or spring water	1 tin (125g)	drained
low calorie mayonnaise	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	½ teaspoon	
tomato	1 large	sliced
mature cheddar cheese	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.

335 Calories		Per serving
Fat	LOW	9.4g
Saturates	LOW	2.8g
Sugars	LOW	5.7g
Salt	LOW	0.8g

■ HIGH
 ■ MEDIUM
 ■ LOW

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

