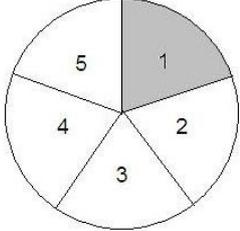


Ocean Pie

Serves 6

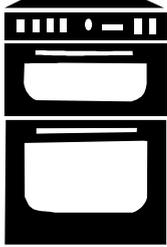
Portions of fruit & vegetables per serving: 1



Hob needed



Oven needed



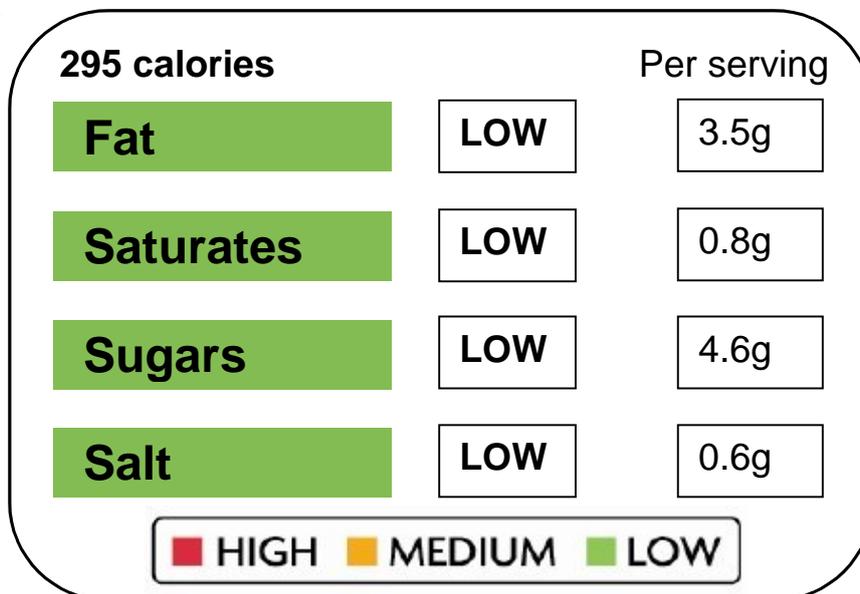
Ingredients	Amount	Preparation
potatoes	8 medium sized	scrubbed with skins on & chopped
frozen white fish	500g (1lb 1.5oz)	
semi-skimmed milk	150ml (¼ pint)	
prawns (fresh or frozen)	100g (4oz)	defrosted if instructions advise
frozen peas	250g (9oz)	
frozen or fresh broccoli	250g (9oz)	cut into small florets
margarine	1 tablespoon	
plain flour	1 dessertspoon	
cold water	300ml (½ pint)	
black pepper	¼ teaspoon	
fresh or dried parsley	¼ 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.

