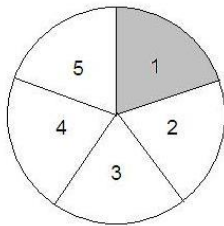


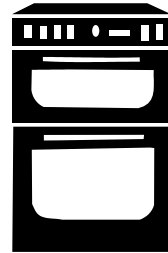
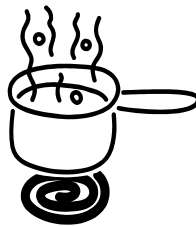
Ocean Pie

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.

295 calories		Per serving
Fat	LOW	3.5g
Saturates	LOW	0.8g
Sugars	LOW	4.6g
Salt	LOW	0.6g

■ HIGH
 ■ MEDIUM
 ■ LOW

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.