

 Easy fish pie

(serves 4-6 people)

Everybody loves a fish pie! This is a great way to get little ones to get their portion of fish. You can make this with a mix of fish to include oily fish such as salmon. Supermarkets usually sell packets of fish pie mix (fresh or frozen).

Ingredients

* 1 kg potatoes, peeled and cubed
* 400ml semi-skimmed milk\*
* 25g margarine\*
* 25g plain flour\* (about 3-4 tbsp)
* 4 spring onions or ¼ onion, sliced
* 400g portion of fish pie mix\*
* 2 tbsp frozen peas
* 2 tbsp sweetcorn
* A handful of grated cheese to top\*

Method

1. Heat the oven to 200°C/gas mark 6.
2. Boil the potatoes, until cooked through, drain, and mash with a little margarine and a small amount of the milk.
3. Melt the margarine in a pan and when hot, add the onions and cook until softened, then add the flour.
4. Next add the remaining milk to the flour mix a little at a time, stirring well, until you have added it all. Then heat through until the sauce thickens – remember to keep stirring.
5. Remove from the heat, and add the fish, peas and sweetcorn.
6. Place this mix in the bottom of a casserole dish and top with the mashed potato, sprinkle with the cheese.
7. Cook for 30-40 minutes until piping hot and bubbling.

\*Can contain or is one of the 14 common allergens