



# FISH PIE

Aim: Nutrient rich creamy comfort food!!

## Ingredients

- 250g potato, chopped
- ½ tsp olive oil
- 150g onion, finely chopped
- 250g frozen pea and sweetcorn mix
- ½ fish stock cube
- 10g flour
- 200ml whole milk
- Salt and freshly ground black pepper
- 300g fish pie mix
- 20g mature cheddar, grated

## Directions

READY IN: 60 // SERVINGS: 2

1. Preheat the oven to 180 degrees.
2. Place the potatoes in a saucepan of cold water, bring to the boil and reduce to a simmer soft enough to mash.
3. Once the potatoes are on the stove, heat the oil in a deep saucepan over a medium-high heat, and saute the onion for 5-10 mins, until soft.
4. Add the peas and sweetcorn and saute for a further 5-10 mins until they start to soften and turn golden.
5. Add the flour and stir, and then slowly pour over the milk and stir to form a sauce, then add the stock cube, salt, pepper & fish, stir to combine and tip into oven proof dish.
6. Once cooked, drain the potatoes and then add the cheddar and then mash to a smooth mash.
7. Top the fish pie mix with the mashed potato, salt and pepper and then bake in the oven for approx. 30 mins until the top of the pie is golden and the fish mix underneath is bubbling.

Variations to consider: Switch up the veggies for leek and mushrooms, the fish for chicken, and the top for sweet potato ... if you fancy a change in flavours!!

CALORIES

544

CARBOHYDRATE

62

PROTEIN

39

FAT

16