

Simple. Recipes

Serves **4** Fish Pie

Ingredients

700g potatoes, peeled and chopped
425mls milk
25g plain flour
4 fillets haddock, diced
25g butter/low fat spread
25g cheddar cheese, grated

[pic here](#)

TIP: Aim for at least 2 portions (140g) of fish a week, one of which should be oily (sardines, mackerel, salmon etc.) to get your essential omega 3 fatty acids.

Method

- 1 Preheat the oven to 200°C/ Gas mark 6.
- 2 Place the potatoes in a pan of water and bring to the boil. Boil until cooked and soft. Drain the potatoes and mash with a little milk. Season with black pepper to taste.
- 3 To make the sauce, place the butter, flour and milk in a small pan and warm over a medium heat. Stir continuously for around 5 minutes until the sauce has thickened. You may find a whisk the best thing to mix with as this will avoid lumps developing. Season to taste with black pepper.
- 4 Pour the sauce over the fish into an ovenproof dish, leave to cool slightly before topping with the mash. Sprinkle over the cheese.
- 5 Place in the oven and bake for 30 minutes or until piping hot in the centre.
- 6 Serve with 2 portions of vegetables (broccoli, peas, green beans, carrots all work well) to make this a balanced meal.

N.B: You could add chopped fresh herbs like parsley to the sauce if you wish.

TIP: You can add other fish to the recipe such as prawns, cod, and salmon. You can also buy a fish pie mix from the fish counter or freezer aisle.