

Fish Pie



Ingredients

250g (8oz) fresh, frozen or canned fish e.g. cod, haddock, tuna or salmon
2 sliced hard boiled eggs or 2 chopped tomatoes (optional)

Sauce:

25g (1oz) butter or margarine
25g (1oz) plain flour
250ml (½ pint) semi-skimmed milk
parsley
seasoning

Topping:

500g (1lb) potatoes
25g (1oz) butter or margarine
50ml (¼ pint) semi-skimmed milk

Equipment

Saucepans, potato masher, colander, measuring jug, mixing spoon, baking dish, and grater.

Method

1. Preheat the oven to 200°C, Gas Mark 6.
2. Boil the potatoes for 20 minutes, until tender. Drain the potatoes and add the butter or margarine and milk. Mash until smooth and creamy.
3. Make the sauce.
Melt the butter or margarine in a saucepan. Add the flour and stir into a paste. Gradually add the milk, stirring constantly. The sauce will become thick. Reduce the heat, and allow to simmer for 2 minutes. Add seasoning and parsley, if desired.
4. Lay the fish in the bottom of a baking dish.
5. Place the boiled egg or tomato over the fish, if desired.
6. Pour the sauce over the fish.
7. Spoon the mashed potato over the sauce.
8. Bake for 40 minutes, until golden brown.

Nutrition Information

Fish Pie	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	402	5636	1879
Energy (kcal)	96	1347	449
Protein (g)	5.9	83.1	27.7
Fat (g)	4.3	60.7	20.2
of which saturates (g)	2.3	32.8	10.9
Carbohydrate (g)	8.9	125.2	41.7
of which sugars (g)	1.6	23.1	7.7
Fibre (g)	0.6	9.1	3.0
Sodium (mg)	139	1954	651
Salt (g)	0.3	4.9	1.6

Notes

Key Messages

Healthy eating

- If using white fish, substitute half the quantity with some canned salmon. Canned salmon is an oily fish and is rich in omega 3 fatty acids, which are good for heart health.
- Add lower fat cream cheese to the mashed potato topping instead of butter or margarine. This will reduce the fat content and increase the calcium content.

Money

- Frozen white fish, such as coley or whiting, are some of the cheapest types of fish available.

Food safety

- Keep eggs in the fridge, away from strong odours and use them by the 'best before' date. Do not use eggs with damaged or dirty shells.