

# Fish Pie



## Ingredients:

700g Potatoes, peeled and diced  
4 Fillets Of Haddock (or any kind of White Fish or Salmon)  
425ml 1% Fat Milk  
25g Low-Fat Spread  
25g Flour  
25g Reduced-Fat Strong Hard Cheese  
320g Broccoli (To Serve)

## Directions:

1. Preheat the oven to 200 C or gas mark 6.
2. Start by preparing the potatoes. Boil them for about 10 to 15 minutes until they're soft, then drain them and mash with a little milk.
3. To make the sauce, mix the milk, low-fat spread and flour in a small pan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken.
4. Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown. Serve with broccoli.

Other options: Alternatively, use any kind of white fish or salmon. Try peas or green beans instead of broccoli.

## Nutrition:

Each serving contains (serves 4):

Per 458g portion Energy 366 kcal (1546 kJ) Protein 38.4g Carbohydrate 41.2g (of which sugars) 7.6g Fat 6.2g (of which saturates) 2.1g Fibre 4.6g Sodium 0.25g Salt 0.6g

**Prep Time:**

**Cooking Time:** 60 mins



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