

Feed the family **FISH PIE**

Get the whole family
together to help you cook
up this fishy feast!

mend



What you need:

- 3 large potatoes peeled and cut into chunks
- 2 litres water
- ½ cup reduced fat grated cheese
- 1 tablespoon reduced fat spread or margarine
- 400mls skimmed milk
- 350g fish chunks such as haddock, cod or salmon (use a mix if you want)
- 100g broccoli cut into small florets
- 1 cup frozen peas
- 2 hard boiled eggs chopped
- 2 tablespoons flour
- Big bunch fresh parsley (dried herbs are good too)

Five Fishy Facts

Fish sleep with their eyes open

A small fish is called a fry

A female piranha fish lays around 5000 eggs at a time

Fish have been on the earth for 450 million years

Fish is great 'brain food'

Fast facts

Serves: 4 persons

Prep time: mins

Skill-o-meter: Advanced

Cooking time: 50 mins

Eat me when? Sunday lunch or evening dinner.

What to do:



Step 1 Preheat your oven to 180°C

Step 2 Place the fish in a baking dish and cover with 300mls of the milk (save a little for your mash), cover your baking dish with foil and place in the hot oven for 10 minutes

Step 3 Boil 2 litres of water in a large pot on the stove and cook the potatoes until soft. Then carefully drain the water and mash with milk until smooth

Step 4 In a new pan, melt the butter, stir in the flour and cook over the stove for 2 minutes

Step 5 Take the fish out of the oven and flake it with a fork so it breaks into smaller chunks

Step 6 Scoop the milk out of the baking dish (leaving the fish), and pour this milk into your butter and flour mixture in the pan. Stir it over the heat for 2 minutes

Step 7 Pour it over the fish in the baking dish, then add the frozen peas, boiled eggs, ½ the grated cheese, chopped parsley and broccoli florets.

Step 8 Gently spread your mashed potatoes on top of the fish mixture, and sprinkle the remaining grated cheese on top

Step 9 Put it back into the oven for 20-25 minutes until the potato looks golden brown.



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