



Easy Fish Pie

A tasty recipe that uses a couple of different cooking methods to improve chef skills.

Ingredients

- 1kg potatoes, peeled and halved
- 30g butter
- 400ml milk
- 1 tbsp cornflour
- 4 spring onions, sliced
- 1 tsp mustard
- 1 pack fish pie mix (e.g. cod, salmon, smoked haddock)
- 25g chives, finely cut
- 25g frozen sweetcorn
- 25g frozen peas

Method

- Preheat the oven to 180°C/gas mark 6.
- Put the potatoes into a saucepan, cover with water and bring to the boil. Simmer until soft, drain, add a splash of milk and 1 tsp of butter and mash.
- Put the remaining butter and spring onions into a pan and heat until the butter is melted. Stir in the milk and the cornflour with a whisk until it starts to thicken.
- Remove from the heat and stir in the fish, mustard, chives, sweetcorn and peas.
- Spoon the mix into an overproof dish and spoon/pipe the potato on top.
- Cook in the oven for 20-25 minutes until golden.
- Serve with freshly steamed vegetables.

Nutritional Benefits

Fish is a rich source of omega 3 fatty acids needed for brain/eye health, mood, energy, joints and skin. It's also highly anti-inflammatory,