

Fish Pie with Yellow and Orange Vegetables

Serves 10

Ingredients	
1 pt. milk	450g cod fillet, haddock, river cobbler or tilapia
1 onion (150g) - finely chopped	120g green beans, broccoli florets or peas
50g margarine	120g sliced mushrooms
120g sliced leeks	800g potatoes - peeled and cut for mashing
2 tsp (10g) chopped parsley	50g margarine
50g flour	400g yellow and orange vegetables

- METHOD:
- Preheat oven to 180c, 350F, Gas 4.
- Poach the fish in the milk until cooked and leave to one side, flake the fish and keep the milk for your sauce.
- Fry the onion and leek in a little margarine until transparent.
- Add the flour to the pan, stirring and cook for 4- 5 mins to make a roux.
- Gradually add the milk (used to poach the fish) to the roux, stirring all the time.
- Add the sliced mushrooms, broccoli and fish to the sauce; continue to simmer for 5 minutes.
- Pour fish mixture into a large oven-proof dish.
- Boil potatoes for mashing, when tender, mash with the margarine. Spread mash over the top of the fish mixture.
- Bake in the oven for 20 minutes; finish off under a hot grill to brown the potato.
- Serve with yellow and orange vegetables (40g per child).



- ✓ COOK'S TIP: FOR PUREE DIETS MAKE BROCCOLI AND POTATO PUREE
- ✓ FOR DAIRY FREE DIETS, REPLACE MILK WITH SOYA MILK AND MARGARINE WITH PURA NON-DAIRY SPREAD.
- ✓ FOR VEGETARIAN DIETS EXCLUDE FISH (IF NOT EATEN), REPLACE WITH CHOPPED CANNED BUTTER BEANS.
- ✓ FOR WHEAT FREE DIETS REPLACE FLOUR WITH RICE FLOUR

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
257	13	12	27	0	0.3	1	102