



Fish pie

Serves: 4

Time

1 hour



Ingredients

- 700g potatoes, peeled and diced
- 4 fillets of salmon, broken into chunks (or any kind of white fish)
- 425ml 1% fat milk
- 25g low-fat spread
- 25g flour
- 25g reduced-fat strong hard cheese

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Start by preparing the potatoes. Boil them for about 10-15 minutes until they're soft, then drain them and mash with a little milk.
3. To make the sauce, mix the milk, spread and flour in a small pan and warm over a medium heat. Whisk 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.
6. Serve with your choice of vegetable.