

**Easy-peasy fish pie : dive in to this delicious dinner ... : Change4life /
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Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



easy-peasy fish pie



Dive in to this delicious dinner!

Serves: 4

Preparation time: 25 minutes

Cooking time: 1 hour

Rough cost for recipe: £5.76

change
4 life

Eat well Move more Live longer



easy-peasy fish pie

WHAT YOU NEED

850g potatoes, peeled and cut into chunks

350g mixed fish chunks like haddock, cod, salmon or pollock

100g broccoli, broken into small 'trees'

1 bunch of spring onions, thinly sliced – green bits and all!

75g frozen peas

300ml (½ pint) semi-skimmed milk, plus a little extra for mashing

25g mature Cheddar cheese (grated)

1 x 20g packet of parsley sauce mix

Ground black pepper

WHAT YOU DO

STEP 1 Boil the potatoes in water for about 20 minutes. Once they're soft, drain the water out of the pan, add about 3 tablespoons of the milk and a couple of shakes of black pepper and mash it all together with a fork. While the potatoes are boiling, arrange the chunks of fish in the base of a large baking dish.

STEP 2 Turn the oven on to about 190°C, 375°F or gas mark 5 so it can heat up. Boil another pan of water and cook the peas, broccoli and spring onions for 3 or 4 minutes, then drain and mix them in with the fish.

STEP 3 To make the parsley sauce, use your empty veg pan and put the contents of the packet in. Put about a cupful of the milk into the pan too and mix until smooth, then add the rest of the milk. Now heat it up and bring it to the boil, stirring all the time. Simmer for 2 minutes then pour evenly over the fish and veggies mix.

STEP 4 Use a fork to spread the mashed potato over the top so that it covers the fish and veggies mixture. Sprinkle the grated cheese over the top and cook in the oven for about 40 minutes or until the top starts to go golden brown. Serve straightaway.

(Watch out for small bones you may have missed.)

