



Fish pie

Ingredients, (2 portions):

- Fresh haddock, cooked, 100g/4oz
- Smoked haddock, cooked, 100g/4oz
- Potatoes, cooked, mashed, 100g/4oz
- Low fat spread, 15g³/₄oz
- White sauce, 125ml/¹/₄pint
- Mushrooms, sliced, cooked, 25g/1oz
- Frozen peas, 50g/2oz
- Pepper, to taste
- Parsley, finely chopped, Small handful

White sauce:

- Low fat spread, 25g/1oz
- Plain flour, 25g/1oz
- Semi-skimmed milk, warmed, 250ml/¹/₂pint

Method:

1. read the **entire recipe** first then check, weigh and prepare **all of the ingredients above**.
2. **wash** the fillets of fish first under **cold running water**, then pat dry. Place in a tray and **cover with milk** then cover with foil and place in the oven on a moderate heat for **15 minutes**.
3. prepare the potatoes and cut into **even shapes** then place in a saucepan to **boil**. **Shallow fry** the mushrooms in a little sunflower oil for **3-4 minutes** then place to one side.
4. remove the fish from the oven and, **carefully, drain once cooled**. **Carefully, drain** the potatoes and mash with a little margarine.
5. to make the white sauce, **heat** the margarine in a pan and **cool** then add the plain flour, **stirring** to a **sandy texture**. Now **re-heat** and **gradually** add the **warm milk** until you have a thin sauce.
6. sprinkle the mushrooms and peas over the **flaked fish** and add the parsley to the sauce, then pour over the rest of the ingredients, **mixing slightly**.
7. pipe the potatoes or use a palette knife to spread the potato over the fish and then place in the oven on a **high heat** for **8-10 minutes**.