

Family meals: Easy fish pie recipe



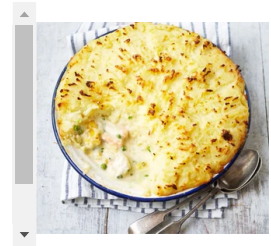
Prep: 15 mins
Cook: 45 mins



Easy



Serves a family of 4-6 or makes 6-8 toddler meals



Ingredients

1kg Maris Piper potatoes, peeled and halved

400ml milk, plus a splash

25g butter, plus a knob

25g plain flour

4 spring onions, finely sliced

1 x pack fish pie mix (cod, salmon, smoked haddock etc, weight around 320g-400g depending on pack size)

1 tsp Dijon or English mustard

½ a 25g pack or a small bunch chives, finely snipped

handful frozen sweetcorn

handful frozen petits pois

handful grated cheddar

Method

- Step 1** Heat the oven to 200C/fan 180C/gas mark 6.
- Step 2** Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender.
- Step 3** When cooked, drain thoroughly and mash with a splash of milk and a knob of butter. Season with ground black pepper.
- Step 4** Put 25g butter, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the butter has melted, stirring regularly. Cook for 1-2 mins.
- Step 5** Gradually whisk in 400ml milk using a balloon whisk if you have one. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3-4 mins until thickened.
- Step 6** Take off the heat and stir in 320g-400g mixed fish, 1 tsp Dijon or English mustard, a small bunch of finely snipped chives, handful of sweetcorn and handful of petits pois. Spoon into an ovenproof dish or 6-8 ramekins.
- Step 7** Spoon the potato on top and sprinkle with a handful of grated cheddar cheese.
- Step 8** Pop in the oven for 20-25 mins or until golden and bubbling at the edges. Alternatively, cover and freeze the pie or mini pies for another time.