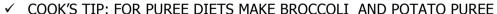


Fish Pie with Yellow and Orange Vegetables

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).



- ✓ 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

