



Fish Pie

List of ingredients

1kg potatoes
3- 4 stalks celery, sliced
finely
2 Tbsp margarine
2 Tbsp flour
1 cup low fat milk
Salt and pepper
1 410g can of tinned fish,
drained
Parsley, chopped

How to cook the dish

Cook the potatoes until soft then mash with a little margarine and milk.
Fry the celery in a little margarine until just tender – 5 mins.
In a pot, melt the margarine then add the flour and cook without browning for 30 seconds.
Gradually add milk stirring until sauce is thickened, then add salt and pepper, tinned fish and chopped parsley.
Add cooked celery and stir to combine.
Pour into an ovenproof dish, top with mashed potatoes and cook for 30 mins in 180°C oven or until potato topping is browned.
You can heat in microwave but potatoes will not brown – cook on high for 6 minutes.

Tips:

- Use tinned salmon as the bones in the fish are good for your calcium intake. Mash the bones up if you don't like the idea of eating them.
- Smoked fish or tuna are also good to use.
- Add halved hardboiled eggs if you like.
- Instead of having mashed potatoes on top you can add cubed cooked potatoes to the sauce mix and top with fresh breadcrumbs mixed with grated cheese or a little margarine.