



# Fish pie

## What you'll need

- ✓ 1.4kg (1,400g) potatoes washed and diced, or peeled and diced
- ✓ 100ml semi-skimmed milk
- ✓ 350g frozen white fish fillets
- ✓ 30g vegetable fat spread
- ✓ 200ml semi-skimmed milk
- ✓ 1 tablespoon cornflour
- ✓ 2 tablespoons water
- ✓ 150g frozen sweetcorn (tinned sweetcorn in water works too, rinse first if you can't get hold of sugar/salt free)
- ✓ 1/2 teaspoon black pepper

## Allergies

- ✓ Gluten free
- ✓ Egg-free

Recipe makes 4 adult portions

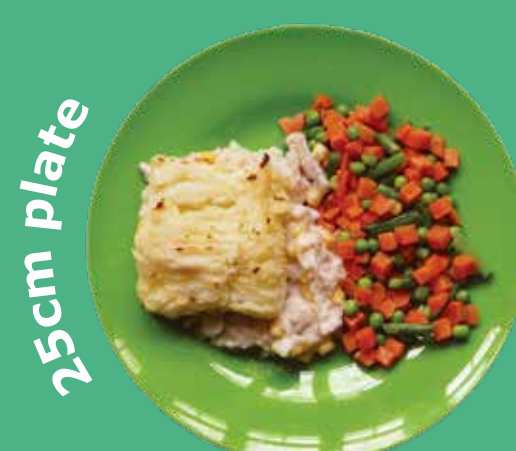
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Adults, or teenagers aged 12–18

5–11 year old

1–4 year old

7–12 month old





# Fish pie

## What to do

1. Boil the potatoes in water for about 15 minutes until soft. Drain and mix with the first quantity of semi-skimmed milk, mashing to a desired consistency.
2. Place the frozen fish fillets in a dish and either microwave gently for about 5 minutes to cook them, or place them between two heatproof plates over the pan of boiling water cooking the potatoes. The heat from the steam will cook the fish. Flake the fish, making sure that there are no bones remaining.
3. In a separate pan, heat the fat spread and add the remaining milk. Blend the cornflour with 2 tablespoons of water and add this to the mixture. Bring to the boil and cook for a few minutes until it thickens. Turn off the heat and add the fish, sweetcorn and black pepper.
4. Place the fish mixture in a bowl and top with the mashed potato.
5. If the potato and filling are both still hot, you can just grill the top of the pie before serving. Otherwise heat the pie through in a hot oven (180°C / 350°F / Gas 4) for about 10 to 15 minutes.

## For babies

Make sure there are no bones in the fish, mash the pie well, and cool before serving.

## Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge. Use leftovers in fridge within 2 days. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Serve with a side of cooked vegetables, such as peas or beans.