

# Fish pie with green beans

(Serves 2)

## Ingredients

- 450g Potatoes, peeled & cut into chunks
- 1/2 tsp Salt, reduced sodium
- 300mls Milk, semi-skimmed
- 1 tsp Oil, Olive, napolini
- 200g Onions, diced
- 50g Cheese, cream, philadelphia light garlic & herb
- 1/2 tsp Mustard, dijon
- 1tbsp Dill, fresh, chopped
- 1 Lemon - juice of
- 250g Fish, mixed (100g cod, 100g salmon, 50g prawns), cut into chunks
- 30g Cheese, Cheddar, Cathedral city lighter, grated
- 2 (160g) Tomatoes, medium, sliced
- 160g serving Green beans

## Preparation

1. Boil potatoes with the 1/2 tsp salt until soft then mash with 100mls of the milk. Put to one side.
2. Pre-heat oven to 190°C/375°F/Gas mark 5 (170°fan).
3. Heat oil in pan on hob & gently sweat onions until softened.
4. Meanwhile, in a bowl mix the remaining 200mls of milk, garlic & herb cheese, mustard, dill & lemon juice.
5. Add this to softened onions, gently stirring & heating through.
6. In an oval/rectangular pie dish arrange the raw mixed fish.
7. Pour the milk mixture over the fish.
8. Top with the mashed potato & fluff with a fork.
9. Sprinkle with grated cheese.
10. Lay the sliced tomatoes on top.
11. Put on middle shelf of oven for 30-35 minutes.
12. Serve with green beans cooked to taste.

**TOP TIP:** You can buy packets of mixed fish already cut into small pieces. It is much cheaper than buying separate cuts of fish too!

## NUTRITIONAL VALUES

### PER SERVING

Calories 591

Total Sugars 20.38g

Total Fats 19.49g

Saturated Fats 7.57g

Salt 2.06g

Fruit & Veg 3